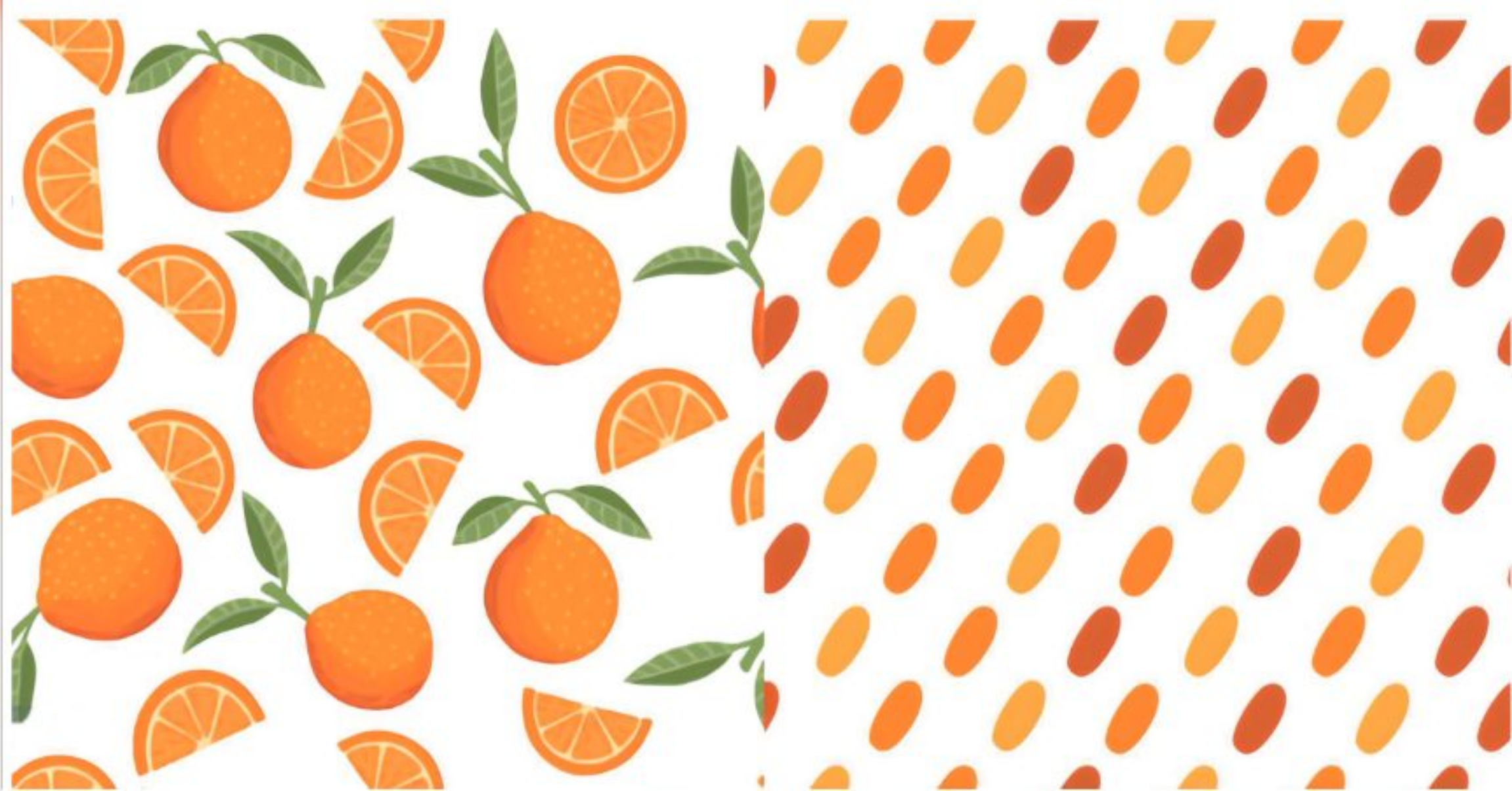




 ***konfintos***

FOOD DEHYDRATOR RECIPES



More product information is available

✉ service@konfintos.com
🌐 Konfintos.com

TABLE OF CONTENTS

1			
2	Introduction		
3	Before Dehydrating		
4	Pretreatments Methods		
4	Steam Blanching		
4	Water Blanching		
5	Acidulating		
5	Sugar Syrups		
5	Salt Solutions		
5	Sodium Nitrite		
6	Safe Drying of Meat		
7	About Use of Curing Salt		
8	Measurement Conversions		
9	JERKIES		
9	African-Style Dried Meat Jerky		
9	Coconut-Curry Ground Chicken Jerky		
10	Basic Dried Fish for Meals		
10	Bulgogi-Style Korean Dried Beef		
11	Classic Beef Jerky		
11	Cajun-Style Turkey Jerky		
12	Cranberry-Orange Turkey Jerky		
12	Gyro-Style Beef and Lamb Jerky		
13	Maple Brown Sugar Pork Jerky		
13	Mexican Dried Beef (Carne Seca)		
14	Hawaiian-Style Tuna Jerky		
14	Hot Chile Pepper Beef Jerky		
15	Sesame-Glazed Char Siu-Style Pork Jerky		
15-16	Spicy Curry Ground Turkey Jerky		
16	Teriyaki Beef Jerky		
17	FRUITS AND VEGETABLES		
17	Apple, Pear, or Banana Chips		
17	Herbed Carrot Chips		
18	Fresh Corn Chips		
18	Crispy Garlic Kale		
19	Lemon-Pepper Parsnip Chips		
19	Sweet and Sour Root Vegetable Chips		
20	Cheesy Onion Crisps		
20	Spicy Curry Cashews		
21	Snap Pea Snacks		

INTRODUCTION

Drying is one of the easiest ways to preserve most types of foods, including meats, fish, vegetables, herbs, fruits, nuts, and seeds. Dried foods can be kept at room temperature. Properly stored, they are safe to eat for weeks, months, or even years.

Types of food not suitable for home drying generally include high-fat foods, such as avocados, olives, and cheese. Eggs can give you mixed results. Though salad greens won't come back to life, dried vegetable salads are possible, and powdered dried vegetables and fruits can be used for beverages, soups, and sauces.

Our efficient food dehydrator provides precise temperature control and stable airflow. It is easy to operate and produces high quality dried food products. All dehydrators have a series of stacked or sliding trays or racks to hold the food to be dried. Our temperature range will allow you to dry all types of foods, from delicate herbs to meat jerkies and everything in between.



Meat
Fruit
Chemical vessels
Tea

Fish
Sea food
Fungi
Medicinal materials

INSTRUCTIONS

Before Dehydrating

- Clean and sanitize the work area and food-preparation tools.
- Wash hands when starting or switching tasks, such as preparing produce and then setting up the dehydrator.
- If you have cuts or sores on your hands, wear gloves or use utensils to handle food.
- Choose foods in perfect condition drying does not improve quality.
- Keep foods cold until prepared or placed in the dehydrator.
- Choose lean cuts of meat, such as loin, flank, and round; fat turns rancid quickly.
- Aged or ground meats naturally contain higher levels of bacteria and so require pretreatment or cooking when making jerky.
- Carefully field-dress wild game and precook wild game to destroy any pathogens.
- Do not reuse meat marinades.
- Read more about [Drying Meat Safely](#).
- Do not dehydrate produce with soft spots or bruises that can harbor bacteria.
- Before cutting any produce, thoroughly wash the outside under running water.
- Preheat the dehydrator for at least 10 minutes before loading food onto drying trays.
- To maximize airflow, place all drying trays in the dehydrator, even if they contain no food.
- Do not overload drying trays.
- Space dense, moist foods apart on drying trays to facilitate airflow.
- Condition foods after drying to check for excess moisture before storing.
- Seal dried foods in clean, sterile, airtight containers.
- Store dried foods in cool, dark places.
- Package food in small batches to avoid reopening and introducing moisture.
- Check dried foods monthly for signs of moisture and re-dry if needed.
- If mold is discovered in any container, discard all food in the container.





PRETREATMENTS METHODS

Pretreatments will prevent discoloration of light-colored fruits and vegetables. Deactivation of spoilage enzymes to improve the quality of dried vegetables. Inhibit harmful microorganisms to improve food safety. Ensure uniform drying to improve storage life.

Steam Blanching

Two blanching methods, steam and water, are used to achieve different benefits. Steam blanching places the food on a rack over boiling water (not in boiling water). Cover the pot tightly and start timing immediately.

The blanching time depends on the type of food, the size of the food pieces and the intended preparation. It is used for two reasons.

To prevent discoloration of susceptible fruits and vegetables, such as apples, pears, peaches, apricots, bananas, artichokes, eggplants and potatoes. Inactivate spoilage enzymes in all dried vegetables to improve quality and storage life. Test for adequate blanching by cutting or biting into a piece. It should be tender and crisp (tender near the outside, hard or crisp in the middle). The blanching times given in my recipe are only guidelines; you are the final judge of whether it has reached the tender-crisp standard. After blanching, drain, pat dry, and place immediately in a dehydrator.

Water Blanching

Blanching is the process of immersing fruits in boiling water to produce tiny cracks that are invisible to the naked eye. It is used only on fruits with firm skins, such as blueberries, cranberries, cherries, figs, grapes and plums. This process, called "checking" or cracking, opens the pores of the fruit skin to help the fruit dry evenly and completely. After blanching, they are drained, patted dry, and immediately placed in a dehydrator.



Acidulating

Acid prevents discoloration of fruits and vegetables by inactivating the enzymes that cause oxidation.

Prepare the product by soaking in the following solutions for 5 minutes, listed from most effective to least effective. After soaking, drain and pat dry; and immediately place in a dehydrator.

Ascorbic acid or vitamin C tablets without any additives. Dissolve 3000 mg (crush 6 500 mg tablets) in 1 gallon of water.

Freshly squeezed or bottled 100% fruit juice without added sugar, such as apple, cranberry, white grape, lemon, lime, orange, and pineapple

Commercial antioxidants. They are easy to use, but may contain additives that produce surreal colors. Use according to package directions.

Citric acid powder. Dissolve 1 teaspoon (5 g) of the powder in 1 quart of water.

Sugar Syrups

Sugar slows down the browning of the fruit, although not as much as acid soaking. An added benefit, however, is that fruit simmered in sugar syrup prior to dehydration ends up plump and sweet. Whether you use sugar syrup or not is a matter of preference.

Gently simmer the fruit in the following solution for 1 to 2 minutes. Turn off the heat and let stand for 10 to 30 minutes, or until cool enough to handle. After simmering, drain and pat dry; and immediately place in a dehydrator.

For medium, heavy, or very heavy syrups, dissolve 1/3 cup, 1/2 cup, or 2/3 cup sugar in 3/4 cup water. Syrup strength is a matter of preference, but tart fruit is a candidate for the heaviest (sweetest) syrup.

For honey syrup, replace half of the sugar with honey. For example, for a heavy honey syrup, use 1/4 cup of sugar, 1/4 cup of honey, and 3/4 cup of water.



Salt Solutions

Salt inhibits the growth of microorganisms in fruits, vegetables and meats.

For fruits or vegetables, dissolve 2 to 4 tablespoons of table salt or kosher salt in 1 gallon of water. Soak for 5 minutes.

For meats, dissolve 1/2 to 2/3 cup canned/curing salt or table salt in 1 quart of water, or 3/4 to 1 cup kosher salt. Soak in the refrigerator for 4 to 24 hours (the length of time depends on the strength of the brine, the thickness of the meat strips, and how salty you want the meat to be). Add seasoning to the brine to marinate, if desired.

After soaking, drain and pat dry; and immediately place in a dehydrator.

Sodium Nitrite

Sodium nitrite inhibits microbial growth when drying meat. Use only pink curing salt or curing mix "#1"—a "fast" curing salt mixture containing sodium nitrite formulated for home use and follow package instructions precisely. Be aware that pink salt is poisonous if ingested directly, even in small amounts.



SAFE DRYING OF MEAT

Many jerky enthusiasts prefer the texture of meat dried at lower temperatures. To dry meat safely without using high-temperature methods, you have several other options:



Prior to drying, raise the internal temperature to 158°F for beef, pork and poultry. For best results, the moist heat method is recommended. Cook the meat strips in the marinade for 5 minutes; any other liquid, such as water, broth, wine or beer, may also be used. Wrap a few strips of meat with an instant-read thermometer and check their temperature. Remove the meat from the cooking liquid, drain, and pat dry. It is important to dry the meat thoroughly so that it reaches a safe temperature as soon as possible.

Immediately proceed to dry the meat at a lower temperature of 140° to 158°F until the strips crack when bent, but do not break.

Use a pink curing salt containing sodium nitrite, which helps inhibit bacterial growth when drying at lower temperatures. After curing, dry the meat at 140° to 158°F until the strips crack but do not break when bent.

If you have not verified that the jerky reaches a safe internal temperature within the first two hours of drying, or if the meat is dried at a temperature below 158° F and no pre-cooking or marinating step is used, pasteurize the meat immediately after drying. To pasteurize, preheat the oven to 275°F, place the dried meat on a baking sheet in a single, non-overlapping layer, and bake for 10 minutes.

Whatever method you choose, after drying, cool and package the beef jerky. Refrigerate under dried or undried jerky to a safe temperature. Treat it as you would fresh food: keep it cold, consume within 3 days or freeze for longer storage, and discard if it sits at room temperature for more than 2 hours



ABOUT USE OF CURING SALT

Sodium nitrate, aka saltpeter, is rarely used today as a meat preservative.

The curing salts we list, all versions of "#1," contain sodium nitrite, and no nitrate.

Curing salt or sodium nitrite is also known as InstaCure, Prague Powder, and pink curing salt.

There are different formulations of curing salt depending on the type of curing you want to do (ham, bacon, corned beef Jerky, etc.). For cooked jerky; use pink curing salt #1, a "fast" cure containing 6.25 percent sodium nitrite.

Here are the effective, safe amounts in which to add pink curing salt #1 containing sodium nitrite to jerky recipes:

- 1 teaspoon of pink curing salt #1 per 5 pounds of meat in dry rubs, marinades, or ground meat mixtures
- 2 tablespoons of pink curing salt #1 per 1 quart of water for brines

Should you wish to add nitrite to any of the recipes in this chapter, many use 1 1/4 pounds of meat or fish, requiring 1/4 teaspoon of pink curing salt in spice rubs and dry mixtures or 1 quart of brine. Other recipes use twice these amounts, or 2 1/2 pounds of meat or fish, requiring 1/2 teaspoon of pink curing salt for mixtures or fish, requiring 1/2 teaspoon of pink curing salt for mixtures or 2 quarts of brine. For the cure to penetrate the meat fully, do not cut strips thicker than 1/4 inch; any width or length is okay.

Nitrite or curing salt is not required when making jerky. However, curing salt is recommended or desirable for some preparations:

- when making ground meat and game meat jerkies, which have higher levels of bacteria
- when you desire the color and flavor changes produced by nitrite
- when drying meat at lower temperatures so that the jerky will not achieve a safe internal temperature within two hours



MEASUREMENT CONVERSIONS

Volume Equivalents(Liquid)

US STANDARD	US STANDARD (OUNCES)	METRIC
		(APPROXIMATE)
2 tablespoons	1 fl.oz.	30ml
1/4 cup	2 fl.oz.	60ml
1/2 cup	4 fl.oz.	120ml
1 cup	8 fl.oz.	240ml
1/2 cups	12 fl.oz.	355ml
2 cups or 1 pint	16 fl.oz.	475ml
4 cups or 1 quart	32 fl.oz.	1L
1 gallon or 4 quarts	128 fl.oz.	4L

OVEN TEMPERATURES

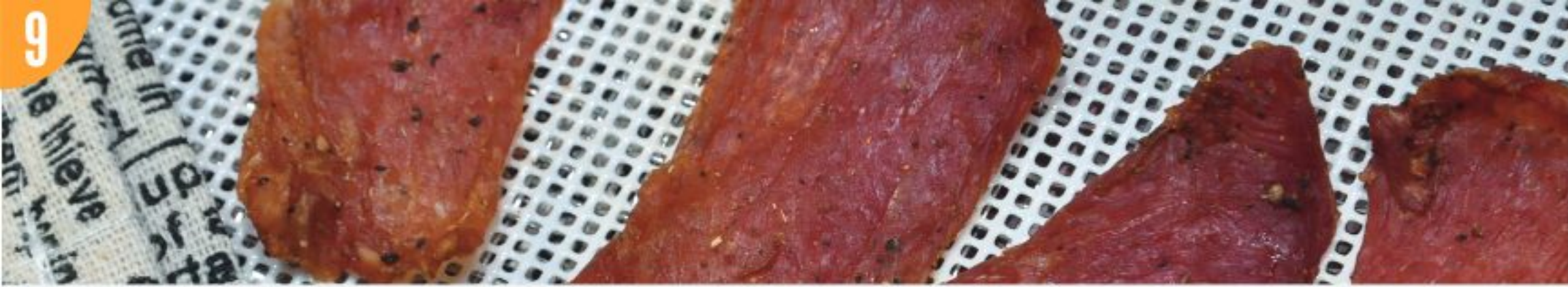
FAHRENHEIT	CELSIUS
	(APPROXIMATE)
250°F	120°C
300°F	150°C
325°F	165°C
350°F	180°C
375°F	190°C
400°F	200°C
425°F	220°C
450°F	230°C

VOLUME EQUIVALENTS(DRY)

US STANDARD	METRIC
	(APPROXIMATE)
1/8 teaspoon	0.5ml
1/4 teaspoon	1ml
1/2 teaspoon	2ml
3/4 teaspoon	4ml
1 teaspoon	5ml
1 tablespoon	15ml
1/4cup	59ml
1/3cup	79ml
1/2cup	118ml
2/3cup	156ml
1/2cup	177ml
1cup	235ml
2cups or 1 pint	475ml
3cups	700ml
4cups or 1 quart	1L

WEIGHT EQUIVALENTS

US STANDARD	METRIC
	(APPROXIMATE)
1/2 ounce	15g
1ounce	30g
2ounce	60g
4ounce	115g
8ounce	225g
12ounce	340g
16ounces or 1 pound	455g



AFRICAN-STYLE DRIED MEAT JERKY

Prep Time: 2 to 48 minutes Drying Temp: 158° to 167°F
 Drying Time: 4 to 6 hours Yield: 14 to 20(1-ounce)servings

- 1 2 tablespoons table salt or 1/4 cup kosher salt
- 2 2 to 4 tablespoons ground coriander seeds
- 3 1 to 2 tablespoons other
- 4 spices (optional), such as ground cumin, anise, fennel, black pepper, or garlic
- 5 2 tablespoons white vinegar (optional)
- 6 1 to 2 tablespoons brown sugar (optional)
- 7 2 1/2 pounds lean lamb leg, beef round, lean game meat, or turkey breast



1 Combine the salt, coriander to taste, other spices to taste (if using), vinegar (if using), and brown sugar (if using) in a bowl. Cover and refrigerate until ready to use. May be prepared up to 3 days in advance.

2 Trim and cut the meat into squares or strips. To the marinade and toss until evenly coated, cover, and refrigerate for 2 to 48 hours.

3 Remove the meat strips from the marinade and pat dry.

4 Place the strips on the drying trays without touching.

5 Dry the meat at 158° to 167°F for 4 to 6 hours, or until done.

6 Turn off the dehydrator and expose the trays to the air. Remove any visible oil beads by patting the meat with towels. Cool until no longer warm, about 30 minutes.

STORAGE: 1 to 2 weeks at room temperature (68°F) in a dark, dry location in an airtight container, 1 to 2 months refrigerated, or 6 months frozen.

COCONUT-CURRY GROUND CHICKEN JERKY

Prep Time: 1 hour
 Drying Temp: 130° to 140°F
 Drying Time: 4 to 6 hours
 Yield: 7 to 10(1-ounce) servings



- 1 2 1/2 teaspoons Coconut Curry Spices
- 2 1 1/4 teaspoons kosher salt or 3/4 teaspoon table salt
- 3 1 1/4 teaspoons brown sugar
- 4 1/2 teaspoon ginger powder
- 5 1/4 teaspoon hot chile powder (optional)
- 6 1/4 teaspoon pink curing salt
- 7 1 1/4 pounds boneless, skinless chicken breast meat
- 8 1 to 2 tablespoons cold cashew, almond, or coconut milk



5 Preheat a food dehydrator to 130°F to 140°F. Using an offset spatula, transfer the chicken strips to towels and pat dry. Arrange on the drying trays without touching. Dry the meat until it feels soft to the touch, is not hard on the outside, and bends without breaking in half, 4 to 6 hours.

6 Turn off the dehydrator and expose the trays to the air. Remove any visible oil beads by patting the meat with towels. Cool until no longer warm, about 30 minutes.

STORAGE: 1 to 2 weeks at room temperature (68°F) in a dark, dry location in an airtight container, 1 to 2 months refrigerated, or 6 months frozen.

1 Combine the coconut curry spices, salt, brown sugar, ginger powder, chile powder (if using), and curing salt. Line two rimmed baking sheets with silicone baking mats or parchment paper.

2 Cut season and grind the chicken with the milk.

3 Preheat a conventional oven to 300°F Line 2 baking sheets with silicone baking mats or parchment paper. Flatten the mixture, place on the lined baking sheet, and cover with a piece of foil, plastic wrap, or parchment paper. Use a rolling pin to flatten the meat mixture to inch thick. Remove the foil, plastic, or parchment, and score the meat into strips 1 to 2 inches wide and any length. Alternatively, load the seasoned ground meat into a jerky gun, and shoot 4- to 5-inch strips onto the prepared baking sheets.

4 Bake the ground meat strips until they reach an internal temperature of 158°F, 8 to 10 minutes.



BASIC DRIED FISH FOR MEALS

Prep Time: 2 to 5 hours
Drying Time: 4 hours

Drying Temp: 155° to 165°F
Yield: 14 to 20(1-ounce)servings

- 1 2 quarts water
- 2 1/2 cup kosher salt
- 3 Optional flavorings: 1/2 cup packed brown sugar, 1/4 cup soy sauce, 2 tablespoons black peppercorns, or 1 teaspoon dried chopped garlic
- 4 2 1/2 pounds lean, skinless fish fillets, such as cod, flounder, grouper, mahi mahi, or tilapia



1 Combine the water, salt, and any optional ingredients, stirring until salt is completely dissolved. Cover and refrigerate until ready to use. May be prepared up to 3 days in advance.

2 Run your fingers over the fillets to feel for pin bones and use needle-nose pliers to pull them out. Place the fish in the freezer for 30 minutes to firm it up. Slice lengthwise into 1/2-inch strips. Cut the strips into 1-inch lengths. Place the strips in a shallow layer in the marinade, then turn gently to coat. Cover and refrigerate for 1 to 4 hours.

3 Remove the strips from the brine and pat dry. Place the strips slightly apart on the drying trays.

4 Dry the fish at 155° to 165°F about 4 hours, or until done.

5 Turn off the dehydrator and expose the trays to the air. Remove any visible oil beads by patting the fish with towels. Cool until no longer warm, about 30 minutes.

STORAGE: 1 to 2 weeks at room temperature (68°F) in a dark, dry location in an airtight container, 1 to 2 months refrigerated, or 6 months frozen.



BULGOGI-STYLE KOREA DERIED BEEF

Prep Time: 2 to 3 hours
Drying Temp: 158° to 167°F
Drying Time: 4 to 6 hours
Yield: 14 to 20(1-ounce) servings

- 1 1/4 cup soy sauce
- 2 2 tablespoons brown sugar
- 3 2 tablespoons sesame seeds, toasted
- 4 1 tablespoon pear powder (preferably Asian pear, or substitute apple powder)
- 5 1 tablespoon scallion powder (or substitute any other type of onion powder)
- 6 1 teaspoon ginger powder
- 7 1/2 teaspoon garlic powder
- 8 1/2 teaspoon ground black pepper
- 9 1/4 teaspoon hot chile powder (optional)
- 10 2 1/2 pounds beef or pork such as round or loin

1 Combine the soy sauce, brown sugar, sesame seeds, pear powder, scallion powder, ginger powder, garlic powder, black pepper, and chile powder (if using). Cover and refrigerate up to 3 days.

2 Trim and cut the meat into squares or strips. Bulgogi is traditionally cut into thin (1/8-inch-thick) squares. Add the meat to the marinade, toss until evenly coated, cover, and refrigerate for 1 to 2 hours; longer may be too strong for thinly sliced meat.

3 Remove the meat strips from the marinade and drain well, but do not pat dry. Place the strips on drying trays without touching.

4 Dry meat at 158° to 167°F for 4 to 6 hours or until done.

5 Turn off the dehydrator and expose the trays to the air. Remove any visible oil beads by patting the meat with towels. Cool until no longer warm, about 30 minutes.

STORAGE: 1 to 2 weeks at room temperature (68°F) in a dark, dry location in an airtight container, 1 to 2 months refrigerated, or 6 months frozen.

CLASSIC BEEF JERKY

Prep Time: 2 to 10 hours
Drying Temp: 158° to 167°F
Drying Time: 4 to 6 hours
Yield: 14 to 20(1-ounce) servings

- 1 1/4 cup table salt or 1/2 cup kosher salt
- 2 1/4 cup granulated or brown sugar
- 3 3 tablespoons liquid smoke
- 4 1/2 teaspoon ground black pepper
- 5 1 quart cold water
- 6 2 1/2 pounds beef round steak or roast, sirloin, flank, or lean brisket



- 1 Stir salt, sugar, liquid smoke and pepper into water until salt and sugar are completely dissolved. Cover and refrigerate until ready to use. Can be prepared up to 3 days in advance.
- 2 Cut the meat into even slabs between 1/8 and 3/8 inch thick.
- 3 Immerse beef strips in marinade, cover, and refrigerate 1 to 8 hours.
- 4 Remove the meat from the marinade, drain, and pat thoroughly dry.
- 5 Place the marinade meat on Food Dehydrator drying trays evenly.

6 Dry at 158°F to 167°F for 6 hours, or until done.

STORAGE: 1 to 2 weeks at room temperature (68°F) in a dark, dry location in an airtight container, 1 to 2 months refrigerated, or 6 months frozen.



CAJUN-STYLE TURKEY JERKY

Prep Time: 7 to 25 hours
Drying Time: 4 to 6 hours
Drying Temp: 158° to 167°F
Yield: 14 to 20(1-ounce) servings

- 1 1 tablespoon green bell pepper powder
- 2 2 teaspoons celery salt
- 3 1 teaspoon onion powder
- 4 1 teaspoon garlic powder
- 5 1 teaspoon ground black pepper
- 6 1 teaspoon hot chile powder, such as cayenne
- 7 1/2 cup cider vinegar
- 8 1/4 cup water or turkey broth
- 9 2 tablespoons liquid smoke
- 10 2 1/2 pounds turkey breast or tenders



1 Combine the water, salt, and any optional ingredients, stirring until salt is completely dissolved. Cover and refrigerate until ready to use. May be prepared up to 3 days in advance.

2 Trim and cut the meat into squares or strips. Add the meat to the marinade and toss until evenly coated. Cover and refrigerate for 6 to 24 hours.

3 Remove the meat strips from the marinade, drain, and pat dry. Place on the drying trays evenly.

4 Dry the meat at 158°F to 167°F for 4 to 6 hours, or until done.

5 Turn off the dehydrator and expose the trays to the air. Remove any visible oil beads by patting the meat with towels. Cool until no longer warm, about 30 minutes.

STORAGE: 1 to 2 weeks at room temperature (68°F) in a dark, dry location in an airtight container, 1 to 2 months refrigerated, or 6 months frozen.

CRANBERRY-ORANGE TURKEY JERKY

Prep Time: 7 to 25 hours

Drying Time: 4 to 6 hours

Drying Temp: 158° to 167°F

Yield: 14 to 20(1-ounce)servings

- 1 2 tablespoons cranberry powder
- 2 2 tablespoons chopped dried orange zest
- 3 2 tablespoons brown sugar teaspoons table salt or 1 tablespoon kosher salt
- 4 1 1/2 teaspoon hot chile powder such as cayenne
- 5 2 1/2 pounds turkey breast or tenders
- 6 1/4 cup honey; thinned with 1 tablespoon water



1 Combine the cranberry powder, orange zest, brown sugar, salt, and chile powder. Trim and cut the meat into squares or strips. Add the meat to the marinade and toss until evenly coated. Cover and refrigerate for 6 to 24 hours.

2 Remove the meat strips from marinade and pat dry. Place the strips on the drying trays without touching. Brush half the thinned honey over the strips.

3 Dry the meat at 158°F to 167°F. After 2 hours of drying, turn the strips over and brush with the remaining thinned honey. Continue to dry the meat until the strips crack when bent but do not break, another 2 to 4 hours.

4 Turn off the dehydrator and expose the trays to the air. Remove any visible oil beads by patting the meat with towels. Cool until no longer warm, about 30 minutes.

STORAGE: 1 to 2 weeks at room temperature (68°F) in a dark, dry location in an airtight container, 1 to 2 months refrigerated, or 6 months frozen.

GYRO-STYLE BEEF AND LAMB JERKY

Prep Time: 1 hour

Drying Temp: 158°F to 167°F

Drying Time: 4 to 6 hours

Yield: 7 to 10(1-ounce) servings



- 1 1 to 2 tablespoons cold red wine, wine vinegar; or ice water as needed to facilitate mixing
- 2 1 1/2 teaspoons table salt or 1 tablespoon kosher salt
- 3 1 1/2 teaspoons crushed dried oregano or marjoram leaves
- 4 1 1/2 teaspoons onion powder
- 5 1/2 teaspoon garlic powder
- 6 1/2 teaspoon crushed dried rosemary or mint leaves
- 7 1/2 teaspoon ground cumin
- 8 1/2 teaspoon ground black pepper
- 9 3/4 pound very lean (90 to 96 percent) ground beef
- 10 1/2 pound very lean (90 to 96 percent) ground lamb



4 Preheat a food dehydrator to 158°F to 167°F. Using an offset spatula, transfer the meat strips to towels and pat dry. Arrange the strips on the drying trays without touching. Dry until the meat feels soft to the touch, is not hard on the outside, and bends without breaking in half, 4 to 6 hours.

5 Turn off the dehydrator and expose the trays to the air. Remove any visible oil beads by patting the meat with towels. Cool until no longer warm, about 30 minutes.

STORAGE: 1 to 2 weeks at room temperature (68°F) in a dark, dry location in an airtight container, 1 to 2 months refrigerated, or 6 months frozen.

1 Preheat a conventional oven to 300°F. Line 2 baking sheets with silicone baking mats or parchment paper.

2 Take extra care to keep the meat extremely cold during handling. Ground meat has a greater surface area, resulting in inherently higher bacteria counts. In a large bowl, combine the wine, salt, oregano, onion powder, garlic powder, rosemary, cumin, and pepper. Add the meat and, using your hands or a fork, toss until well mixed. Flatten the mixture, place on the lined baking sheet, and cover with a piece of foil, plastic wrap, or parchment paper. Use a rolling pin to flatten the meat mixture to 1/4 inch thick. Remove the foil, plastic, or parchment, and score the meat into strips 1 to 2 inches wide and any length. Alternatively, load the seasoned ground meat into a jerky gun, and shoot 4- to 5-inch strips onto the lined baking sheets.

3 Bake the meat strips until they reach an internal temperature of 160°F, 8 to 10 minutes.

MAPLE BROWN SUGAR PORK JERKY

Prep Time: 9 to 24 hours
Drying Temp: 158° to 167°F
Drying Time: 4 to 6 hours
Yield: 7 to 10(1-ounce) servings



- 1 1/4 cup maple syrup
- 2 1/4 cup water
- 3 1 tablespoon brown sugar
- 4 1 1/2 teaspoons table salt or 1 tablespoon kosher salt
- 5 1 1/4 pounds pork loin



1 Combine the maple syrup, water, brown sugar, and salt. Cover and refrigerate until ready to use. May be prepared up to 3 days in advance.

2 Remove the silver skin. Trim and cut the meat into squares or strips. Add the meat to the marinade, toss to coat, cover, and refrigerate for 8 to 24 hours.

3 Remove the meat from the marinade, drain, and pat dry. Place the strips on the drying trays without touching.

4 Dry the meat at 158° to 167°F for 4 to 6 hours.

5 Turn off the dehydrator and expose the trays to the air. Remove any visible oil beads by patting the meat with towels. Cool until no longer warm, about 30 minutes.

STORAGE: 1 to 2 weeks at room temperature (68°F) in a dark, dry location in an airtight container, 1 to 2 months refrigerated, or 6 months frozen.



MEXICAN DRIED BEEF (carne seca)

Prep Time: 9 hours to 2 days Drying Temp: 158° to 167°F
Drying Time: 4 to 6 hours Yield: 7 to 10(1-ounce) servings

- 1 2 tablespoons sweet or smoked paprika, or a combination
- 2 1 1/2 teaspoons table salt or 1 tablespoon kosher salt
- 3 1 teaspoon ground cumin
- 4 1 teaspoon crushed dried oregano leaves
- 5 1 teaspoon onion powder
- 6 1/2 teaspoon garlic powder
- 7 1/2 teaspoon hot chile powder
- 8 1 tablespoon fresh lime zest or 1 teaspoon chopped dried lime zest or 1/8 teaspoon lime zest powder (optional)
- 9 1 1/4 pounds beef round or brisket
- 10 2 tablespoons fresh lime juice (optional)



1 Combine the paprika, salt, cumin, oregano, onion powder, garlic powder, chile powder, and lime zest (if using).

2 Trim and cut the meat into squares or strips. If using the lime juice, rub it over the meat then rub with the spice mixture. Or, rub the spice mixture directly over the meat. Cover and refrigerate for 8 to 48 hours.

3 Remove the meat from the marinade and pat dry. Place the meat on the drying trays without touching.

4 Dry the meat at 158°F to 167°F for 4 to 6 hours, or until done.

5 Turn off the dehydrator and expose the trays to the air. Remove any visible oil beads by patting the meat with towels. Cool until no longer warm, about 30 minutes.

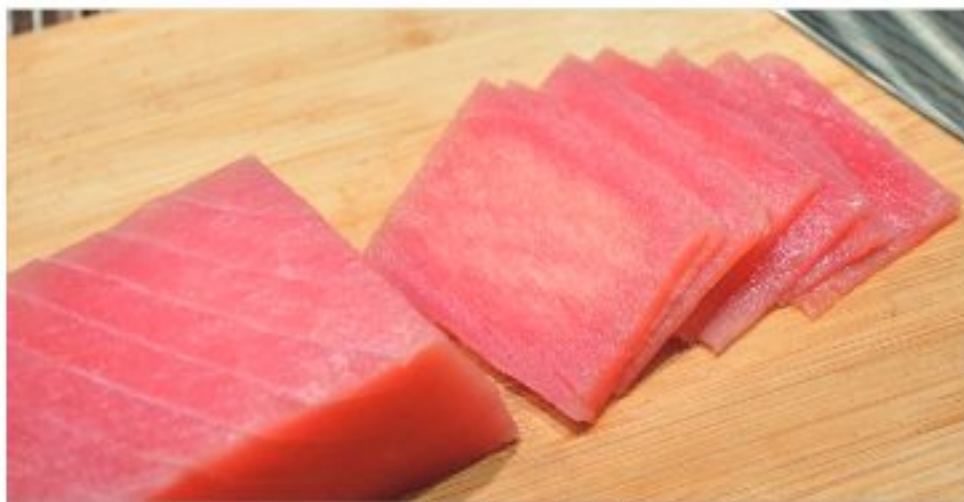
STORAGE: 1 to 2 weeks at room temperature (68°F) in a dark, dry location in an airtight container, 1 to 2 months refrigerated, or 6 months frozen.

HAWAIIAN-STYLE TUNA JERKY

Prep Time: 3 to 9 hours
Drying Time: 3-4 hours

Drying Temp: 155° to 165°F
Yield: 7 to 10(1-ounce)servings

- ❶ 1/2 cup soy sauce
- ❷ 2 tablespoons brown sugar
- ❸ 1 tablespoon pineapple or mango powder
- ❹ 1 teaspoon tomato powder
- ❺ 1/2 teaspoon hot chile powder
- ❻ 1/8 teaspoon garlic powder
- ❼ 1/8 teaspoon ginger powder
- ❽ 1 1/4 pounds skinless ahi, yellowtail, or bluefin tuna with no bloodline



- ❶ Combine the soy sauce, brown sugar, pineapple powder, tomato powder, chile powder, garlic powder, and ginger powder. Place the tuna in the freezer for 30 minutes to firm it up. Slice into 1/4-inch to 1/2-inch strips. Cut the strips into 3- to 4-inch or shorter lengths.
- ❷ Place the strips in a shallow layer in the marinade, then turn gently to coat. Cover and refrigerate for 2 to 8 hours.
- ❸ Remove the tuna strips from the marinade and pat dry. Place the strips slightly apart on the drying trays.
- ❹ Dry the fish at 155° to 165°F about 4 hours, or until done.
- ❺ Turn off the dehydrator and expose the trays to the air. Remove any visible oil beads by patting the fish with towels. Cool until no longer warm, about 30 minutes.

STORAGE: 1 to 2 weeks at room temperature (68°F) in a dark, dry location in an airtight container, 1 to 2 months refrigerated, or 6 months frozen.



HOT CHILE PEPPER BEEF JERKY

Prep Time: 2 to 9 hours
Drying Temp: 158° to 167°F
Drying Time: 4 to 6 hours
Yield: 4 to 8 ounces

- ❶ 1 1/4 pounds lean beef such as round, sirloin, or flank steak
- ❷ 1 tablespoon granulated or brown sugar
- ❸ 1 to 2 tablespoons crushed or ground hot chiles
- ❹ 1 teaspoon kosher salt

- ❶ Trim and cut the meat into squares or strips.
- ❷ Combine sugar, 1 tablespoon of the cayenne pepper and salt. Add beef, toss until evenly coated, cover, and refrigerate 1 to 8 hours.
- ❸ Remove meat from marinade bubble, drain, and pat dry. If desired, sprinkle both sides of the meat with the remaining 1 tablespoon of cayenne pepper.
- ❹ Arrange the meat on food dehydrator drying trays.
- ❺ Dry meat at 158°F to 167°F about 4 to 6 hours, or until done.
- ❻ Pat the meat with a towel to remove any visible beads of oil. Cool until no longer warm, about 30 minutes.

STORAGE: 1 to 2 weeks at room temperature (68°F) in a dark, dry location in an airtight container, 1 to 2 months refrigerated, or 6 months frozen.



SESAME-GLAZED CHAR SIU-STYLE PORK JERKY

Prep Time: 9 to 25 hours
Drying Temp: 158° to 167°F
Drying Time: 4 to 6 hours
Yield: 7 to 10(1-ounce) servings



- 1 1/4 cup packed brown sugar
- 2 2 tablespoons rice or white wine
- 3 2 tablespoons hoisin sauce
- 4 2 tablespoons soy sauce
- 5 1 1/2 teaspoons table salt or 1 tablespoon kosher salt
- 6 1 teaspoon tomato powder or 1 tablespoon ketchup
- 7 1/2 teaspoon ground fennel or anise seeds, or a combination
- 8 1/2 teaspoon ground white or black pepper
- 9 1/4 teaspoon ginger powder
- 10 1/4 teaspoon garlic powder
- 11 1/4 teaspoon pink curing salt
- 12 1 1/4 pounds pork tenderloin (95 percent lean)
- 13 2 tablespoons dried sesame seeds
- 14 3 tablespoons honey thinned with 1 tablespoon water

- 1 Combine the brown sugar, wine, hoisin, soy sauce, salt, tomato powder, fennel, pepper, ginger powder, garlic powder, and curing salt. Cover and refrigerate up to 3 days in advance.
- 2 Trim and cut the meat into squares or strips as described. Toss the pork with the marinade, cover, and refrigerate for 8 to 24 hours.
- 3 Remove the pork from the marinade, drain, and pat dry. Sprinkle the strips on both sides with the sesame seeds and press lightly into the meat. Place the strips on the drying trays without touching. Brush half of the honey mixture over the meat.

- 4 Dry the meat in the food dehydrator to 158° to 167°F for 2 hours, then turn the strips over and brush with the remaining honey mixture. Continue to dry until the strips crack when bent but do not break, another 2 to 4 hours.
- 5 Turn off the dehydrator and expose the trays to the air. Remove any visible oil beads by patting the meat with towels. Cool until no longer warm, about 30 minutes.

STORAGE: 1 to 2 weeks at room temperature (68°F) in a dark, dry location in an airtight container, 1 to 2 months refrigerated, or 6 months frozen.

SPICY CURRY GROUND TURKEY JERKY

Prep Time: 1 hour
Drying Temp: 130°F to 140°F
Drying Time: 4 to 6 hours
Yield: 7 to 10(1-ounce) servings



- 1 2 teaspoons Madras Curry Spice Mix
- 2 1 teaspoon tomato powder
- 3 1 teaspoon onion powder
- 4 1 teaspoon crushed dried thyme leaves
- 5 3/4 teaspoon table salt or 1 1/2 teaspoons kosher salt
- 6 1/2 teaspoon garlic powder
- 7 1/2 teaspoon ginger powder
- 8 1/2 teaspoon habanero or cayenne chile powder
- 9 1/4 teaspoon pink curing salt
- 10 1 1/4 pounds boneless, skinless turkey breast meat
- 11 1 to 2 tablespoons cold water, chicken broth, or white wine



- 1 Combine the curry spice mix, tomato powder, onion powder, thyme, salt, garlic powder, ginger powder, habanero powder, and curing salt. Set aside until ready to use. Line two rimmed baking sheets with silicone baking mats or parchment paper.

2 Dry the turkey breast with towels to eliminate excess moisture. Cut into 1/2-inch cubes, add to the bowl with the curry mixture, and toss until evenly coated. Place in a single layer on the baking sheets, cover, and freeze for 30 minutes. Also freeze your meat-grinder parts or food-processor blade to keep the meat as cold as possible during preparation. With a meat grinder or in a food processor, grind the turkey. Add the water as needed to create a smooth, uniform mixture-too coarse, and the jerky will fall apart.

3 Preheat a conventional oven to 300°F. Line 2 baking sheets with silicone baking mats or parchment paper. Flatten the mixture, place on the lined baking sheet, and cover with a piece of foil, plastic wrap, or parchment paper. Use a rolling pin to flatten the meat mixture to 1/4 inch thick. Remove the foil, plastic, or parchment, and score the meat into strips 1 to 2 inches wide and any length. Alternatively, load the seasoned ground meat into a jerky gun, and shoot 4- to 5-inch strips onto the prepared baking sheets.



4 Bake the ground meat strips until they reach an internal temperature of 158°F, 8 to 10 minutes.

5 Preheat a food dehydrator to 130° to 140°F. Using an offset spatula, transfer the turkey strips to towels and pat dry. Arrange on the drying trays without touching. Dry the meat until it feels soft to the touch, is not hard on the outside, and bends without breaking in half, 4 to 6 hours.

6 Turn off the dehydrator and expose the trays to the air. Remove any visible oil beads by patting the meat with towels. Cool until no longer warm, about 30 minutes.

STORAGE: 1 to 2 weeks at room temperature (68°F) in a dark, dry location in an airtight container, 1 to 2 months refrigerated, or 6 months frozen.



TERIYAKI BEEF JERKY

Prep Time: 2 to 9 hours
Drying Time: 4 to 6 hours

Drying Temp: 130°F to 140°F
Yield: 14 to 20 (1-ounce) servings

- 1 2 1/2 pounds lean beef such as round, sirloin, or flank steak
- 2 1/4 cup soy sauce
- 3 1/4 cup packed brown sugar
- 4 1/4 cup sake, rice vinegar, or white wine
- 5 1 tablespoon pineapple powder, or 2 to 4 tablespoons pineapple juice (optional)
- 6 1 teaspoon tomato powder, or 1 tablespoon ketchup (optional)
- 7 1 teaspoon scallion powder
- 8 1/2 teaspoon ground black pepper
- 9 1/4 teaspoon garlic powder
- 10 1/4 teaspoon ginger powder



- 1 Trim the meat and cut into slabs or strips
- 2 Combine the soy sauce, brown sugar, sake, pineapple and tomato powders (if using), scallion powder, pepper, garlic powder, and ginger powder. Cover and refrigerate for 1 to 8 hours to enhance the flavor.
- 3 Over medium-high heat, boil the meat strips in the teriyaki marinade for 5 minutes, or to an internal temperature of 158°F.
- 4 Remove the meat strips from the marinade, drain, and pat thoroughly dry.
- 5 Dry the meat at food dehydrator trays evenly until the strips crack when bent but do not break, 130° to 140°F for 4 to 6 hours.
- 6 Remove any visible oil beads by patting the meat with towels. Cool until no longer warm, about 30 minutes.

STORAGE: 1 to 2 weeks at room temperature (68°F) in a dark, dry location in an airtight container, 1 to 2 months refrigerated, or 6 months frozen.



APPLE PEAR OR BANANA CHIPS

Prep Time: 30 minutes
Drying Temp: 135° to 145°F
Drying Time: 4 to 6 hours
Yield: 8 servings

- ❶ 8 medium apples, pears, or bananas
- ❷ 2 quarts acid dip

❶ Wash the apples. Peel if desired; unpeeled apples take longer to dry.

❷ Remove the core, or cut in half to trim the core. Cut into rings or half slices 1/8 to 1/4 inch thick. Preheat for browning using the acid dip. Drain the apples and pat dry with towels.

❸ Arrange the apples on the drying trays in a single layer without overlapping. Dry until crisp, at 135° to 145°F for 4 to 6 hours.

STORAGE: Up to 1 year at room temperature in an airtight container.



HERBED CARROT CHIPS

Prep Time: 15 to 30 minutes
Drying Temp: 135° to 145°F
Drying Time: 4 to 6 hours
Yield: 8 servings

- ❶ 3 to 4 large carrots (1 1/2 to 1 3/4 pounds)
- ❷ 2 to 3 tablespoons Ranch Dressing Seasoning Mix or seasoning of your choice such as dried oregano, Italian herbs, salt, and pepper
- ❸ Olive oil, lemon juice, or water, as needed

❶ Cut off the green carrot tops if present. Wash the carrots. Peel if desired. Cut the carrots crosswise into thin coins or diagonally into 1/8-inch-thick slices. Steam-blanch in a shallow layer (1 to 2 inches) over boiling water about 1 minute for thin chips. Pat dry.

❷ Toss the carrot slices with the seasoning to taste until well coated. If the slices are very dry, use a drizzle of the oil to help the seasonings stick. A small amount of oil can also help make the vegetables crisp, but don't overdo it.

❸ Arrange the slices on the drying trays in a single layer without overlapping. Dry until crisp, at 135° to 145°F for 4 to 6 hours. Raw carrots will take longer to dry than blanched.

STORAGE: Up to 1 year at room temperature in an airtight container.





FRESH CORN CHIPS

Prep Time: 15 minutes

Drying Time: 4 to 6 hours

Drying Temp: 125° to 135°F

Yield: 4 servings

- 1 2 cups fresh, frozen (thawed), or drained canned corn kernels
- 2 1/4 cup ground flaxseed, flaxseed meal, or chia seeds
- 3 1 to 2 teaspoons olive or vegetable oil (optional)
- 4 1/2 teaspoon kosher or sea salt
- 5 1/4 teaspoon onion powder
- 6 1/4 teaspoon garlic powder
- 7 1/8 teaspoon smoked paprika or hot chile powder
- 8 1 to 4 tablespoons water, or as needed



- 1 Blend the corn, flaxseed, oil (if using), salt, onion powder, garlic powder, and paprika to taste into a smooth, thick paste. If too firm or dry to spread, add 1 tablespoon of water at a time and process for several seconds. Repeat until spreading consistency is achieved.
- 2 Spread the mixture 1/8-inch-thick on lined drying trays.
- 3 About halfway through the drying time, when the mixture is firm, turn over to finish drying. Dry at 125°F to 135°F for 4 to 6 hours, until crisp.
- 4 Cut apart at scored sections or break the sheets into serving pieces.

STORAGE: Up to 1 week at room temperature or 1 month refrigerated in an airtight container.

CRISPY GARLIC KALE

Prep Time: 30 minutes

Drying Temp: 125° to 135°F

Drying Time: 2 to 4 hours

Yield: 8 servings



- 1 3 bunches kale, any variety (1 1/4 to 1 1/2 pounds total)
- 2 1/2 teaspoon salt
- 3 1 to 2 tablespoons seasoning (optional), or ground nuts or seeds (peanuts, almonds, sesame seeds, etc.), or any other seasonings of your choice, such as onion powder, garlic powder, celery powder, citrus powder, coconut powder, or black pepper
- 4 1 to 2 teaspoons olive oil, soy sauce, Worcestershire sauce, lemon juice, honey, or a combination



1 Fold the kale leaves in half and cut or tear away the tough central stem. Completely clean the leaves. Cut the leaves into palm-size or smaller pieces. Dry the leaves with towels or in a salad spinner.

2 Toss the dry kale leaves with the salt, seasoning to taste, and 1 teaspoon of oil until well coated. If needed, add more oil, but don't overdo it—too little is better than too much.

- 3 Arrange the kale leaves on the drying trays in a single layer without overlapping. Dry at 125° to 135°F for 2 to 4 hours, until crisp.

STORAGE: Up to 1 year at room temperature in an airtight container.

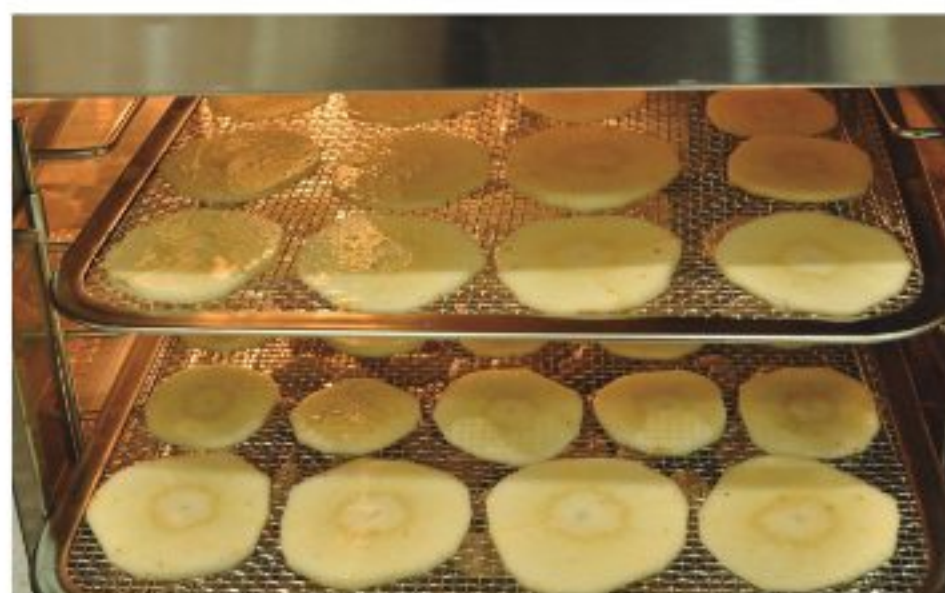


LEMON-PEPPER PARSNIP CHIPS

Prep Time: 30 minutes
Drying Temp: 125° to 135°F
Drying Time: 6 to 8 hours
Yield: 8 servings



- ❶ 8 medium parsnips (1 3/4 to 2 pounds)
- ❷ 2 to 3 tablespoons Lemon-Pepper Seasoning or seasoning of your choice such as dried dill, chives, salt, and pepper
- ❸ Olive oil, lemon juice, or water, as needed



- ❹ Arrange the slices on the drying trays in a single layer without overlapping.
- ❺ Dry until crisp, at 125°F to 135°F for 6 to 8 hours. Raw parsnips will take longer to dry than cooked.

STORAGE: Up to 1 year at room temperature in an airtight container.

- ❶ Cut off the green parsnip tops if present. Wash the parsnips and peeled.
- ❷ Cut the parsnips crosswise into thin coins or diagonally into 1/8-inch-thick slices. Steam blanching also helps create crisper chips; to steam-blanch, steam thin slices for 30 to 60 seconds, then pat dry.
- ❸ Toss the parsnip slices with the seasoning to taste until well coated. If the slices are very dry, use a drizzle of the oil, lemon juice, or water to help the seasonings stick. A small amount of oil can help make the vegetables crisp, but don't overdo it.



SWEET AND SOUR ROOT VEGETABLE CHIPS

Prep Time: 3 to 25 minutes
Drying Temp: 125° to 155°F
Drying Time: 2 to 6 hours
Yield: 8 servings



- ❶ 8 medium beets or 2 average rutabagas or 1 1/2 to 1 3/4 pounds any combination of root vegetables
- ❷ 1/2 cup apple cider vinegar
- ❸ 1/2 cup honey
- ❹ 1 teaspoon chopped dried orange or lemon zest
- ❺ 1/2 teaspoon kosher or coarse sea salt
- ❻ 1/4 teaspoon ground black pepper



- ❺ Combine the vinegar, honey, orange zest, salt, and pepper. Add the raw or cooked slices, turn until evenly coated, cover, and refrigerate for 2 to 24 hours. Drain and pat dry.
- ❻ Preheat a food dehydrator to 125°F to 135°F. Arrange the slices on the drying trays in a single layer without overlapping. Dry until crisp, 2 to 6 hours. Raw vegetables will take longer to dry than cooked.

STORAGE: Up to 1 year at room temperature in an airtight container.

- ❶ Wash root vegetables under running water and peeled.
- ❷ Roast the vegetables, preheat the oven to 400°F. Place the whole vegetables in a baking dish, cover, and bake until tender but still slightly firm in the center, about 15 to 30 minutes, depending on size. Allow to cool at least 30 minutes before slicing.
- ❸ Steam-blanch the vegetables, slice the raw unpeeled or peeled vegetables (see step 4). Steam-blanch in a shallow layer (1 to 2 inches) over boiling water for 30 to 60 seconds; pat dry.
- ❹ Slice the raw or roasted vegetables to 1/16 to 1/8 inch thick. You may wish to cut large roots (more than 3 inches in diameter) in halves or quarters before slicing.





CHEESY ONION CRISPS

Prep Time: 20 minutes

Drying Time: 4 to 6 hours

Drying Temp: 135° to 145°F

Yield: 4 servings

- ❶ 2 medium onions (about 1 pound), peeled
- ❷ 2 tablespoons soy sauce or liquid aminos
- ❸ 2 tablespoons cider vinegar
- ❹ 2 tablespoons nutritional yeast
- ❺ 1/2 teaspoon onion powder
- ❻ 1/4 teaspoon salt
- ❼ 1/8 teaspoon garlic powder
- ❽ 1/8 teaspoon ground black pepper or hot, chile powder



- ❶ Slice the onions thinly, 1/8 to 1/4 inch thick, and separate into strips. Thinner slices will dry faster.
- ❷ Combine the onion strips, soy sauce, and vinegar, and toss until evenly coated.
- ❸ Combine the yeast, onion powder, salt, garlic powder, and pepper. Sprinkle evenly over the onions and toss until evenly coated.
- ❹ Arrange the onions in a single, loose layer on the drying trays. Overlapping slightly is okay. About halfway through the drying time when the onions are firm, turn over to finish drying. Dry until crisp, at 135° to 145°F for 4 to 6 hours.

STORAGE: Up to 1 week at room temperature or 1 month refrigerated in an airtight container.



SPICY CURRY CASHEWS

Prep Time: 3 to 9 hours

Drying Time: 8 to 12 hours

Drying Temp: 135° to 155°F

Yield: 6 to 8 servings of nuts, or 12 to 18 servings of trail mix

- ❶ 1 quart warm water
- ❷ 1 1/2 teaspoons kosher or sea salt
- ❸ 8 ounces (1 1/2 to 2 cups) cashews
- ❹ 2 teaspoons sugar
- ❺ 1/2 teaspoon ground cumin
- ❻ 1/2 teaspoon ground coriander
- ❼ 1/2 teaspoon paprika
- ❽ 1/4 teaspoon curry powder
- ❾ 1/4 teaspoon cayenne pepper
- ❿ 2 teaspoons water, or as needed



- ❶ Combine the water and salt, and stir until the salt dissolves completely. Add the cashews. Make sure the water covers the cashews completely. Soak for 2 hours at room temperature or up to 8 hours refrigerated. Drain and rinse the cashews thoroughly.
- ❷ Stir together the sugar, cumin, coriander, paprika, curry powder, and cayenne. Add the nuts and toss, adding the water as needed to help the seasonings evenly coat the nuts.
- ❸ Spread the cashews on the drying trays in a single, even layer.
- ❹ Dry until crunchy with no sign of moisture, at 135°F to 155°F for 8 to 12 hours.

STORAGE: Up to 3 months at room temperature, 6 months refrigerated, and 1 year frozen in an airtight container.



SNAP PEA SNACKS

Prep Time: 15 minutes

Drying Time: 4 to 6 hours

Drying Temp: 135° to 155°F

Yield: 4 servings

- ❶ 4 cups fresh sugar snap or snow pea pods
- ❷ 3 to 4 tablespoons nutritional yeast (optional)
- ❸ 1/2 teaspoon kosher or coarse sea salt
- ❹ 1 to 2 teaspoons olive oil, soy sauce, hot sauce, or water



❶ Wash the pea pods, drain, and pat dry. In a large bowl, toss the peas with the yeast to taste (if using), salt, and 1 teaspoon oil, soy sauce, hot sauce, or water until well coated. If needed, add more oil, but don't overdo it if using oil, or your vegetables will be soggy instead of crisp—too little is better than too much. If using soy sauce, hot sauce, or water, use as much as you need to get the seasonings evenly distributed.

❷ Arrange the pods on the drying trays in a single layer without overlapping.

❸ Dry until crisp, at 135°F to 155°F for 4 to 6 hours.

STORAGE: Up to 1 year at room temperature in an airtight container.