

**Read the instructions in full before using this appliance!****THE EASY, FUN WAY TO PREPARE DELICIOUS DRIED FOOD**

Congratulations on your purchase of a Back to Basics Food Dehydrator. You will be delighted at how easy it is to dry your food to take on camping trips and to prepare healthy and nutritious snacks and tasty dried meats. All without the use of chemical additives or preservatives. You will also find that you make surprising savings in comparison with the dried foods on offer in the shops. You will recoup the price of your new food dehydrator several times over. What are you waiting for? Start drying your food and enjoy the delicious results!

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**IMPORTANT SAFETY NOTICES**

Please observe the following basic safety precautions when working with electrical appliances:

1. READ ALL INSTRUCTIONS BEFORE USING THE APPLIANCE.
2. Do not touch hot surfaces.
3. To protect against electric shock, do not immerse cords, plugs or the base unit in water or any other liquid.
4. Ensure close supervision if children are near or using an appliance.
5. Unplug the appliance when not in use and before cleaning. Allow the appliance to cool before attaching or removing parts.
6. Stop using the appliance if the cord or plug is damaged. Stop using the appliance if it is defective or damaged in any way. Take the appliance to your nearest authorised service centre for checking, repair or electrical or mechanical adjustments.
7. The use of accessories other than those recommended or sold by the manufacturer may result in fire, electric shock or injury.
8. The appliance is for indoor use only.
9. Do not let the cord hang over the edge of the table or work surface, or come into contact with hot surfaces.
10. Do not place the appliance near a hot gas or electric burner or in a hot oven.
11. Only use the appliance for its intended purpose.
12. Always switch the food dehydrator off (turn the control to the OFF position) after you have used it.
13. Unplug the appliance before disconnecting it. Never pull on the cord.
14. Never leave the house without switching the appliance off.
15. Only use the appliance on heat resistant surfaces such as tiles, formica or other surfaces with a heat-resistant finish.
16. A set of shorter cords is provided to prevent the risk of entanglement or tripping posed by the longer cord. Extension leads may be used with care.
17. The electrical power rating of the extension lead must be at least equal to that of the appliance.
18. The extension lead must not be allowed to hang over the worktop, as children could pull on it or trip over it.

**KEEP THESE RECOMMENDATIONS FOR FUTURE REFERENCE**

This food dehydrator is for household use only.

**WARNINGS: HANDLING FOOD SAFELY**

To avoid food-borne illnesses, you should follow the recommendations below when handling food. These recommendations apply to all foods, whether fresh or dehydrated.

- Wash your hands carefully before handling food and wash them again if you touch anything other than the food.
- Ensure that your workspace, equipment and cooking utensils are kept clean.
- Wash the food dehydrator trays and lid after each use.
- Touch the food as little as possible. If possible, use tongs, a fork or other cooking utensils instead of your hands.

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- Keep your hands away from your mouth, nose and hair when handling food.
- Do not handle food if you are unwell or have cuts or wounds on your hands.
- Keep domestic pets well away from food preparation areas.

Failure to follow these recommendations may result in the presence of bacteria in the food or storage containers, which can cause serious illness.

### **SELECTING FOODS FOR DRYING**

Foods selected for drying should be in prime condition. As no sugar is added (in contrast with tinned foods), dried unripe fruit may have a bland or bitter flavour. Tree-ripened fruit contains higher levels of natural sugars meaning that it has a better flavour when dried. Vegetables to be dried must be fresh and tender. Avoid over-ripe fruits and vegetables and cut out any parts that are bruised or rotten. Rule of thumb: if you can eat it, you can dry it.

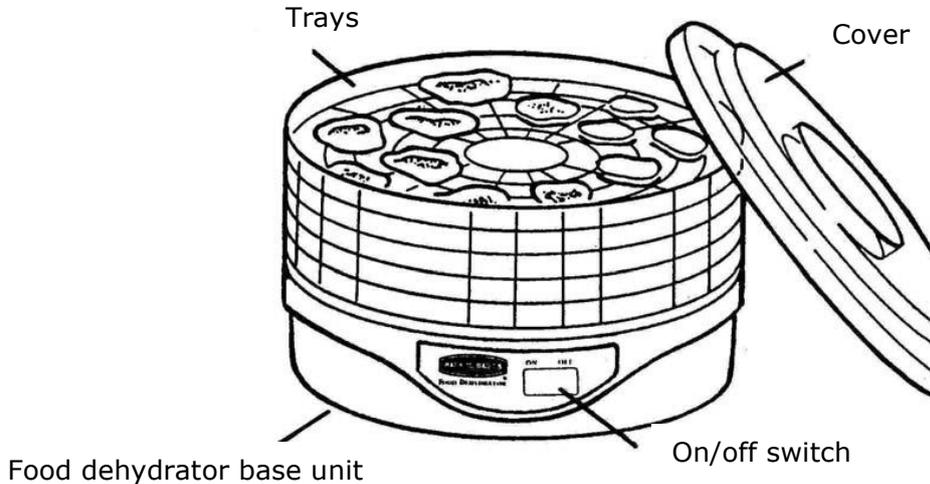
### **DRYING TIME**

There are so many variables that it is difficult to give exact drying times. Variables include air temperature and humidity, how full the dehydrator is and the type and thickness of the foods to be dried. Here are some rough guidelines:

- Fruits or vegetables, sliced 6–10 mm ( $\frac{1}{4}$ – $\frac{3}{8}$ " ): 6–10 hours
- Fruit halves, dried skin down: 12–20 hours
- Fruits in their skins, halved and pitted (e.g. cherries or grapes): 12–24 hours
- Fruit leather: 6–12 hours

### **CLEANING INSTRUCTIONS**

- Before using the food dehydrator for the first time, wash the trays and lid in hot soapy water and rinse well. Wash the outside of the base with a damp sponge and a mild detergent. **DO NOT SPLASH WITH WATER OR SPILL ANY LIQUIDS INTO OPENINGS IN THE BASE. DO NOT IMMERSE THE BASE UNIT IN WATER OR ANY OTHER LIQUID.**
- Place the base unit on a heat-resistant tiled or formica work surface. Plug the unit into a working power socket. The unit can be preheated while the final tray is being prepared, if desired.
- Arrange the food to be dried on each of the trays, without overlapping any of the pieces. Stack the trays with the prepared food and place them on the base of the food dehydrator. Place the cover over them. Check food frequently (every half hour) towards the end of the drying time and remove smaller pieces that have already dried. Pieces of the same size and thickness will dry evenly and at the same rate

**INSTRUCTIONS FOR CLEANING**

Unplug the unit before cleaning. Wash the trays and cover in hot soapy water. Soaking the trays for 10 to 15 minutes will make it easier to remove any stuck-on dried food. The trays can be washed in the top rack of your dishwasher. Rinse well and dry. The base unit can be wiped with a damp cloth. **DO NOT IMMERSE THE BASE IN WATER.**

**DRYING FRUITS**

Wash the fruit and remove bruised or over-ripe areas as far as possible. Peel the fruit if preferred. The fruit can be chopped in half or into quarters. If the pieces of fruit are different sizes, chopping them all into 6 to 10 mm ( $\frac{1}{4}$ – $\frac{3}{8}$ " ) pieces will ensure that they dry more evenly. Smaller fruits, such as grapes and cherries, can be dried without being cut up. Remove pips and stones (e.g. from plums, cherries and apricots).

Fruits that have been coated in artificial wax to prevent moisture loss should always be peeled. Other types of fruit do not need to be peeled. Dried pear skins are quite grainy and peach skins tend to be furry.

Most fruits (e.g. pineapples, grapes, strawberries and plums) can be placed directly onto the drying trays as they are prepared.

However, the cut surfaces of apples, apricots, bananas, peaches and pears turn brown when exposed to the air, as a result of oxidation and enzyme reactions. These fruits can be pre-treated (see below) to slow the browning and prevent the loss of vitamins A and C.

**PRE-TREATING FRUITS**

Fruits do not need to be pre-treated prior to drying. However, pre-treatment improves their appearance, increases their shelf life and improves retention of the nutritional value of some varieties. Experiment with drying fruit with or without pre-treating to see which you prefer. Remember that the way dried fruit is stored has a significant impact on the quality of the stored product, whether or not it has been pre-treated.

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**NATURAL PRE-TREATMENT**

Use pineapple, lemon, orange or lime juice as a natural alternative to reduce browning. Slice the fruit straight into the juice. Leave for 2 minutes, then remove and place on a tray. Fruits can also be dipped in honey, herbs and jelly crystals, or sprinkled with coconut to give them a wonderful flavour when dried. Use your imagination and prepare your own favourite dip.

**ASCORBIC ACID – CITRIC ACID**

These acids help to reduce browning. Dissolve 2 tablespoons of ascorbic acid and 2 tablespoons of citric acid in 4 litres of water. Place the fruit in the solution and leave for up to 2 minutes. Allow to drain and immediately place on a tray ready for drying.

**TURNING INSIDE-OUT**

It has been suggested that when drying fruit halves, and apricots in particular, "popping the backs" (turning them inside out) may speed up the drying time. This is true, but it also results in the loss of the nutritional juices, which run down to the bottom of the food dehydrator. Instead, try cutting each piece in half again. This will give the end product greater nutritional value, a better colour, and enable faster rehydration. Over-ripe apricots will blacken during drying.

**CHECKING**

Some fruits, such as figs, plums, grapes, blueberries and cranberries, have a natural coating of protective wax. These types of fruit must be pre-treated to speed up the drying process. Place them in boiling water for 1 to 2 minutes, depending on the size of the fruit and the thickness of the skin. This softens the skin and removes the natural wax coating, speeding up the drying process. Faster drying also helps to reduce the loss of nutrients. This process is called "checking" because small lines appear on the skin of the fruit, allowing moisture to escape. The lines are too fine to be visible with the naked eye.

**ROTATING THE TRAYS**

Your new food dehydrator uses natural heat convection to remove moist air from food. Trays should be rotated during drying to ensure that food dries evenly. Trays at the bottom (closest to the warmest, driest air) will dry more quickly. The lower and upper trays should therefore be swapped from time to time.

**DRYNESS TEST**

Fruit should be pliable and leathery, with no pockets of moisture. There is a tendency to over dry fruits, until they are hard and tough. Over-dried fruits do not keep as well as properly-dried fruits and are less tasty, with a lower nutritional value. Dried fruit should contain 15 to 18% moisture and be soft (but not squishy) to the touch. Vegetables should be firm or brittle. They keep best when they contain about 5% moisture.

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**BEST FRUITS FOR DRYING**

<b>Fruit</b>	<b>Preparation and pre-treatment</b>	<b>Uses</b>	<b>Suitability for drying</b>
Apples	Core and slice into 6 mm (¼") rings. Can be pre-treated.	Snacks, granola, biscuits	Excellent, goes well with other fruits
Apricots	Halve and remove stone. Pre-treatment required to preserve colour and taste.	Meat dishes, salads, desserts, baking	Excellent, 1 spoon of citric acid per litre of purée to retain colour.
Bananas	Slice lengthways or across into slices 6 mm (¼") thick. Just ripe bananas retain their colour and taste best.	Baking, snacks	Delicious combined, colour turns brown.
Berries	Only strawberries really dry well – berries with seeds are not so good. Slice strawberries 10 mm (¾") thick.	Snacks, muesli	Excellent
Cherries	Remove stalks and stones. Dry whole or halved.	Snacks, use like raisins	Excellent, almond extract adds a lovely flavour
Coconut	Drain the milk, break open and remove the flesh. Slice 6 mm (¼") thick.	Snacks, baking	Use grated for decoration or in the same way as other dried fruits
Figs	Remove stalks, cut into halves or quarters. Place skin-side down to dry.	Snacks, baking	Only in combination
Grapes	Seedless only. Dry as is, steam may cause skin to harden.	Snacks, baking	Fair to good, depending on variety

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Papayas	Peel and slice 10 mm (3/8") thick.	Snacks	Poor
Peaches	Peel and remove stones and slice into 10 mm (3/8") rings. Can be pre-treated	Bread, pies, biscuits	Excellent, delicious with honey
Pears	Peel and cut into slices 10 mm (3/8") thick. Can be pre-treated	Snacks, baking	Best in combination
Pineapple	Peel the pineapple and slice 10 mm (3/8") thick.	Snacks, baking	Best in combination
Plums	Halve, remove stones and dry skin downwards.	Snacks, baking	Excellent

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**MAKING FRUIT LEATHER**

It is very easy to dry fruits to make fruit leather or fruit rolls using your FOOD DEHYDRATOR. These make an ideal, high-energy, healthy snack. As fruit leather is made from fresh fruit purée, a solid surface is needed to dry the purée. If poured directly onto the trays, the purée will seep through the holes. The supplied trays can be lined with cling film to cover the holes.

It's best to make fruit leather with very ripe fruit. Wash the fruit, cut away any areas that are bruised or rotten, remove pips and stones and purée in a blender. There is no need to peel the fruit, except for varieties where the skin is removed during preparation, e.g. pears and peaches. When making fruit leather with berries that contain lots of seeds, it is best to remove some of the seeds. If the fruit will not purée without the addition of liquid, add a little fruit juice to aid the process. Add honey or corn syrup to sweeten the mixture if preferred. Remember that the sweetness of the fruit is more concentrated when dried. Honey and corn syrup do not crystallize when stored in dehydrated form. Fruit leather with added sugar becomes brittle in storage. Transfer the purée onto the covered trays to form a circular layer 6 mm (¼") thick. If using cling film rather than a special fruit leather tray, leave a 12 mm (¾") gap in the middle and around the outer edge.

Orange juice, lemon juice, fresh pineapple juice or slightly-cooked apples all go very well with most fruits and add to their flavour. Some types of fruit are best combined with others, so feel free to experiment with different combinations. It is also easy to vary the flavour of the fruit by adding spices and other flavourings, such as cinnamon, nutmeg or almond and vanilla extracts. For a different texture, sprinkle the moist purée with dried grated fresh coconut, coconut pieces, nuts, finely chopped dried fruit, or sesame and sunflower seeds. Store these textured fruit leathers in the fridge or freezer, as they have a shorter shelf life at room temperature than plain fruit leather.

The fruit leather is ready when it is no longer sticky to the touch, but is still pliable. Remove from the food dehydrator while still warm, cut into quarters and roll up. Wrap tightly in cling film suitable for use in microwaves and freezers (i.e. airtight and moisture-proof) and store in an airtight container. Fruit leather keeps well for up to a year if packaged well and stored at room temperature. Place in the refrigerator or freezer to increase its shelf life.

**DRYING VEGETABLES**

It is slightly more difficult to dry vegetables at home than it is for fruit, because of their low acid and sugar content. Some types of vegetable, such as broccoli and asparagus, are of poor quality when rehydrated, and others are better frozen than dried. Potatoes are available all year round at a reasonable price and it is not usually worth drying them, unless you want to use them to 'pack light' for camping trips. Follow the guidelines and be selective when choosing vegetables for drying. Vegetables not listed here do not dry well. Dry the vegetables until they are hard or crisp and wrap them according to the guidelines STORAGE section.

**PREPARATION**

Always select the best quality, fresh, crisp and tender vegetables for drying. Wash the vegetables well before processing them to remove dirt and bacteria. Most types of vegetable will need to be peeled, sliced, mashed or chopped before they can be dried.

**PRE-TREATING VEGETABLES**

Steaming vegetables before drying them removes all the enzymes that impair the flavour during storage. Uncooked vegetables have a poor texture and do not rehydrate well, and it is recommended that vegetables are steamed (instead of being blanched in water), as this preserves the flavours and vitamins better. Microwaving is also a good method and usually means that the vegetables retain a brighter colour.

**STEAMING**

Arrange the prepared vegetables in layers in the top of the steamer. Layers should be no more than 5 cm (2") deep. Steam the vegetables until heated through and slightly cooked, but not cooked enough to be eaten (usually two to three minutes). Small pieces need moving often, to ensure they are evenly blanched. Arrange the steamed vegetables immediately on the dehydrator trays.

**MICROWAVING**

Microwaves are convenient for blanching fresh vegetables. Prepare the vegetables in the same way as for steaming. Place the vegetables in a small amount of water (refer to the cooking chart for your microwave) in a covered oven dish. Cook for 1/4 to 1/3 of the time stated in the cooking chart, stirring well halfway through the cooking time. Microwaved vegetables have a fresher colour than steamed vegetables. Work as quickly as possible, arrange the microwaved vegetables on the drying trays.

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**BEST VEGETABLES FOR DRYING**

<b>Vegetables</b>	<b>Preparation and pre-treatment</b>	<b>Uses after dehydration</b>
Beans, green legumes	Trim the ends. Slice across into 2.5 cm (1") slices. Steam or microwave. Place in the freezer for 30–45 mins before transferring to the food dehydrator to tenderise the beans.	Soups, hotpots, stews
Beetroot	Use small, soft beetroots. Steam until just cooked. Cut into 10 mm (3/8") pieces.	Use a food processor to slice finely for use in soups, salads and marinades.
Carrots	Peel and dice the carrots into 10 mm (3/8") cubes and steam or microwave.	Dry soup mix, grated for carrot cake
Sweetcorn	Peel and remove the outer husk. Steam or microwave. Cut the kernels from the cob.	Dumplings, hotpot, soups, stew
Garlic	Separate and peel the cloves. Cut lengthways.	Grind to a powder in the blender to use as seasoning
Mushrooms	Remove any woody areas from the stalk. Cut lengthways into 10 mm (3/8") slices.	With eggs, spaghetti, in creamy dishes
Onions	Trim the ends and remove the skin. Dice into 6–10 mm (1/4–3/8") cubes.	For seasoning
Peas	Shell and steam or microwave.	Soups, stews, creamy sauces
Peppers	Remove the seeds and dice or cut into slices 10 mm (3/8") thick.	For seasoning, soups and stews
Potatoes	Peel and cut the potatoes into slices 6–10 mm (1/4–3/8") thick. Steam or microwave. Rinse thoroughly in cold water to remove the starch.	Hash browns, soups
Tomatoes	Remove the middle and cut into slices 10 mm (3/8") thick.	Grind to a powder in the blender and use on salads or instead of tomato sauce

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**DRYING MEAT**

There are two different ways to dry meat and fish: (1) without prior cooking and (2) after cooking. Meat dried without prior cooking is tough to chew but has a superb flavour. The meat is first soaked in a salt-based marinade and then dried.

Meat and fish may be cooked before drying. Cooking meat and fish thoroughly destroys all bacteria present in the raw product before drying. Dried meat and fish can be used in stews, on bread or toast, or in a beef Stroganoff. Dried food is light and convenient for camping trips. Meat and fish can be reconstituted by adding water and can be used in various recipes.

Meat to be dried must be as **LEAN** as possible, **WITH AS LITTLE FAT AS POSSIBLE**, since fat deteriorates during drying. Round steak makes excellent dried meat. Tender, good quality meat is best suited for use in stews or as a topping for bread or toast. **ALL THE FAT MUST BE REMOVED.**

Meat to be dried but not eaten in dried form must be cooked first. Use leftover roast meat or steak, or cook meat specifically to be dried. Dried leftover turkey makes a perfect snack.

Fish should be as fresh as possible.

**BEEF JERKY**

Cut the round steak into thin strips or slices. It is easier to cut the meat when it is frozen. Leave the meat to marinate for 3 hours, or overnight in an airtight container. Do not use a metal container. (See dried meat on page 19.)

Arrange the strips or slices on the tray. Ensure that they do not overlap. Allow to dry until they snap when bent (around 8–15 hours). They will keep for up to 2 weeks in an airtight container. Meat stored in the refrigerator retains its flavour best. Use within 3 months.

**DRIED FISH**

Use strips of fresh fish. Using a large type of fish is easiest. Clean the fish thoroughly and store in a cool place to prevent spoiling before it is dried. Remove the bones and cut the fish into strips. Leave it to marinate in a solution of ½ a cup of salt in 1 litre of water. Place in the refrigerator for half an hour. Remove the fish from the liquid and pat dry. Layer the strips of fish in a flat dish and season with salt and mixed spices, using at least 1 tablespoon per kilo of fish. Cover and leave to stand in the refrigerator for 6 hours. Then place the seasoned strips on the trays ready for drying. Ensure that they do not overlap. Leave to dry until all moisture has evaporated, but do not allow them to dry out completely. Place the dried fish in the refrigerator to preserve the flavour. Fish strips will keep for up to 3 months in the refrigerator.

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**PRE-COOKED DRIED MEAT AND FISH**

Cook the fish or meat well. Remove all visible fat. Dice into 12 mm ( $\frac{3}{8}$ " ) cubes. Arrange the cubes on the trays and leave to dry until all moisture is gone. Store for 2 weeks at room temperature in an airtight container or for up to 2 months in the freezer. Soak meat or fish in water or stock for an hour to rehydrate, then use in your favourite recipes.

**DRYING HERBS AND SPICES**

Wash the herbs or spices thoroughly before drying.

Almost all herbs and spices can be dried. They can be dried on the stalk, then the leaves removed once dried. Label herbs and spices before drying to make it easier to distinguish them later.

Place the herbs whole (stalk and leaves) in plastic bags and store in a cool, dry place. To use the herbs, rub or crush the leaves. This preserves the flavour.

Check that the herbs are fully dry. Any remaining moisture may cause the herbs to spoil. Pay close attention when drying basil in particular.

**FLOWERS**

Use fresh flowers that are intact. Cut them so that the stem can be placed on the tray without bending. If the stem is bent, it will remain bent when dried.

**POTPOURRI**

There is a huge range of flowers and spices to choose from when it comes to making potpourri. Choose your favourite fragrance and experiment with your own potpourri creations. Make a note of which flowers you use, so that you can recreate the potpourri at a later date. Arrange the flower heads on the tray without overlapping. Leave them to dry and then gather together to make the potpourri. Your home will be filled with the fragrance of the flowers you are drying. You can also add perfumed oils to your potpourri to enhance the wonderful fragrance.

**STORAGE/PACKAGING**

DRIED FOOD MUST BE TIGHTLY PACKAGED IF IT IS TO BE STORED FOR ANY LENGTH OF TIME. Leave food to cool completely after drying. Wrap dried food in plastic bags specially designed for use in the freezer. Remove as much air as possible from of the bags before they are sealed. Heat-sealable bags can also be used. Store the plastic bags in airtight metal, plastic or glass containers. Storing dried food in containers without first placing it in freezer bags may result in exposure to the air. Vacuum-packing devices are available in some shops. Vacuum packing enables food to be stored for longer.

**STORAGE CONDITIONS**

Wrap dried food tightly and store in a cool, dark place. The cooler the storage conditions, the longer the food will retain its quality. For every 7°C decrease in temperature, there is a 2 to 3-fold increase in shelf life. If there is space, store dried foods in the freezer or refrigerator. Otherwise, store dried foods in the coolest part of your house. Light also reduces the quality and nutritional value of the food. Store dried foods in darkness or in opaque containers.

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**SHELF LIFE**

Fruit contains more sugar and acid than vegetables and is therefore better suited to drying and has a longer shelf life. Wrapped tightly and stored at or below room temperature (21°C or less), most fruit retains its quality and a good level of nutritional value for a year. Most vegetables must be consumed within six months.

Check dried foods around once a month. If any mould has appeared on the dried food, remove the pieces affected and pasteurise the contents of the container.

Want to pasteurise the contents? Spread the food on a baking tray and place in the oven for 15 minutes at 80°C. Wrap it up again in a clean, airtight container.

**REHYDRATION METHODS**

Dried food can be very tasty, but it can also be rehydrated to regain its original texture. Rehydrated fruit is delicious in pies and sauces. Vegetables can be used in stews, soups and hotpots.

Here are a few ways to rehydrate dried foods. Choose the method that best suits your needs.

**COLD WATER METHOD FOR FRUIT**

- Leave the fruit to soak in the refrigerator to prevent bacteria and mould. It may take several hours for the fruit to regain the desired texture. The water should just cover the fruit.
- One cup of dried fruit yields two cups of reconstituted fruit.
- Do not soak the fruit for too long, as this will impair the flavour and may make the fruit doughy.

**COLD WATER METHOD FOR VEGETABLES**

- Wash the vegetables in clean water. Leave them to soak for 2 to 10 hours in a covered pan of clean, unsalted water. Small pieces will require less soaking time than larger ones.
- Add seasoning only once rehydration is complete, not during the process.
- One cup of dried vegetables yields two cups of rehydrated vegetables.

**BOILING WATER METHOD**

- Pour 1 cup of boiling water over 1 cup of fruit and simmer until just cooked.
- Pour 1 cup of boiling water over 1 cup of vegetables. Leave to soak for 5 to 20 minutes. Soaking time depends on the type of vegetable.
- Use the rehydrated vegetables in soups, hotpots and stews.

**STEAM METHOD**

Steam fruit for 3 to 5 minutes to soften. This method is perfect for preparing fruit for use in milkshakes or baking.

**COOKING METHOD**

Use the vegetables in recipes as desired. Ensure that you add enough water to rehydrate the vegetables.

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**RECIPES TO TRY****CINNAMON APPLE SLICES**

Peel and core the apples. Slice into rings 6 mm (¼") thick. Sprinkle with ground cinnamon or a mixture of sugar and cinnamon as preferred. Dry until leathery in appearance.

**ICED BANANA ROUNDS**

Slice the bananas into rounds 6 mm (¼") thick and coat with lemon juice. Leave to soak for a few minutes and then place on kitchen paper to dry. Sprinkle with ground cinnamon or your favourite jelly crystals. Dry until leathery to crisp, as preferred.

**HONEY-GLAZED BANANA ROUNDS**

Mix ¼ cup of water with ¼ cup of honey. Add the banana slices. For an even more intense flavour, add ground cinnamon or your favourite spice to the glaze.

**PINEAPPLE SLICES**

Remove the skin from a fresh pineapple. Cut into rounds 6–10 mm (¼–⅜") thick, then into strips or cubes. Allow to dry until leathery in appearance.

**FRUIT AND NUT MIX**

Chop bananas, strawberries and pineapple (fresh or tinned) into similar-sized pieces around 6 mm (¼") thick. Once the fruit is dried and cooled, add the nut mix.

**MAKING FRUIT LEATHER/FRUIT ROLLS**

Purée any ripe fruit or berries in a food processor with a little apple or orange juice to make the mixture more liquid. Add honey or corn syrup if preferred. Cover the trays with cling film (do not use greaseproof paper or kitchen foil) and pour out the puréed fruit mixture to form a layer 6 mm (¼") thick. When the mixture is dry enough for the cling film to be removed, turn it over. Leave to dry until leathery in appearance. Roll up the final result if preferred.

**APPLE FRUIT LEATHER**

Core and dice (but do not peel) 1 kg of apples. Pour just enough water into your blender and add just a few cubes of apple to start with. Keep adding cubed apple until the mixture resembles smooth apple purée. Cover the trays with cling film and pour out the purée to form a layer 6 mm (¼") thick. When the mixture is dry enough, remove the cling film and turn it over. Leave to dry until leathery in appearance. Roll up, slice and serve.

**STRAWBERRY FRUIT LEATHER**

Place 2 cups of fresh strawberries in a blender with a little apple juice and liquidise. Pass through a sieve to remove the seeds. Cover the tray(s) in cling film and pour out the purée evenly into a layer around 6 mm (¼") thick. Spread it out using a spatula. Leave the purée to dry until leathery in appearance.

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**ADDING VARIETY**

Combine apples with strawberries or other types of fruit. Add honey or corn syrup to taste. Sprinkle with whatever you fancy – ground cinnamon, coconut, chopped nuts or your favourite spices. Remember that whatever you can make with the blender tastes just as good dried!

**GRANOLA**

5 cups rolled oats	¾ cup chopped dried apples
½ cup honey	1 tsp vanilla extract
½ cup wheatgerm	½ cup chopped dates
⅓ cup brown sugar	1 tsp ground cinnamon
¾ cup dried grapes or cherries	1 cup chopped nuts

Combine all the ingredients. Distribute between the trays and cover with cling film. Dry until hardened, then store in a sealed bag. Perfect for breakfast or as a healthy snack.

**TRAIL MIX**

1 cup sunflower seeds	1 cup diced apricots
1 cup cashew nut pieces	1 cup chopped apples
1 cup carob	1 cup diced pear
1 cup coconut strips	1 cup flaked almonds
1 cup raisins	1 cup diced peaches

Combine all the dried ingredients to make a healthy snack to eat at home, at the office, in the car or on the train. Also makes a lovely gift.

**DRY SOUP MIX**

½ cup dried onions	½ cup dried courgettes
½ cup dried green beans	2 cups dried tomatoes
1 cup dried carrots	1 cup dried potatoes
½ cup dried sweetcorn	
½ cup dried celery leaves	

Place the ingredients or your choice of dried vegetables in an air-tight container. Add rice or dried pasta and dried meat if you wish. When the ingredient mix is ready, add 2 cups of boiling water to 2 cups of the dry mix. Place the lid on the pan and simmer until tender. Add stock and seasoning to taste.

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**CREAM OF TOMATO SOUP**

2 cups milk	A pinch of pepper
2 cups dried tomatoes	2 tbsp softened butter
2 tbsp flour	1 tsp salt
1 tbsp sugar	A pinch of garlic salt
1 thin slice of onion	

Heat the milk in a small saucepan. Place the tomatoes in a blender with 2 cups of water. Leave to stand for 5 minutes, then blend to a smooth purée. Add the remaining ingredients and combine thoroughly. Remove the lid from the blender and carefully pour the hot milk into the mixture with the blender switched on. Warm through over a low heat and serve immediately. Serves 4.

**SMOKED NUTS**

4 cups mixed nuts (e.g. cashews, walnuts, almonds)	1 tbsp honey
¼ tbsp smoke flavouring	¾ cup water
	1 tbsp salt

Combine all the ingredients in a bowl and leave to stand for one hour. Drain and place on a drying tray for 2 to 3 hours.

**HONEY NUTS**

4 cups nuts of your choice	1 tbsp salt
¾ cup water	½ tsp ground cinnamon
2 tbsp honey	½ tsp ground nutmeg

Combine the ingredients in a bowl and leave to marinate for 60 minutes. Drain and arrange on drying trays. The total drying time required is 3 to 5 hours.

**DRIED MEAT**

Fish and all kinds of meat can be prepared in this way. Combine ½ cup of soy sauce in a bowl with ½ cup of Worcestershire sauce, 4 tablespoons of brown sugar and 4 tablespoons of smoke flavouring, as preferred. Cut the meat into thin 3 mm (⅛") strips. Dip each strip into the sauce, coating it well. Layer the sauce-coated meat in a glass or ceramic dish (DO NOT USE A METAL CONTAINER). Season with salt, garlic powder and coarsely ground pepper. Place the seasoned meat in the dehydrator and leave to dry until leathery in appearance. Store in glass jars with holes pierced in the lid.

**APPLE CAKE**

3 cups dried apples	1½ tsp water
2 cups flour	1 cup vegetable oil
3 cups water	1 tsp ground cinnamon
1 tsp bicarbonate of soda	2 cups sugar
2 large eggs	1 cup chopped nuts

Soak the apples until rehydrated. Whisk the eggs with the oil until frothy, then add the sugar, flour, bicarbonate of soda and 1½ teaspoons of ground cinnamon. Add the nuts and the apples. Place the mixture in a rectangular dish and bake at 180°C for 50 to 60 minutes.

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**ICING**

300 g fromage frais  
¼ tsp vanilla extract

1 tsp melted butter  
1 cup icing sugar

Spoon over the apple cake whilst still warm.

**ORANGE AND PEAR SQUARES**

¼ cup butter  
¾ tsp bicarbonate of soda  
½ cup brown sugar  
¼ cup milk  
1 egg  
¼ cup orange juice  
1 tsp grated orange zest

½ cup dried pears  
¼ cup white flour plus 3 tbsp for the cut pears  
with skin on, in water  
¼ cup plus 3 tbsp wholewheat flour  
1 tbsp brown sugar  
½ tsp baking powder

Leave the dried pears in the water along with 1 tablespoon of brown sugar for five minutes. Drain well. Add the butter, egg and orange zest and mix well. Add the dry ingredients, then the milk, orange juice and pears. Combine. Transfer into a greased 20 cm (8") square dish and bake for 25 minutes at 180°C. Dust with icing sugar. Makes 16 squares.

**APPLE CAKE**

2 cups water  
¼ tsp allspice  
2 cups dried apples  
1 tbsp ground mace  
½ cup sugar

1 tbsp butter  
1 tsp ground cinnamon  
2 tbsp flour  
1 sheet uncooked shortcrust pastry

Simmer the apples in the water until soft. Add the sugar, flour and spices and mix. Transfer into the pastry case. Melt the butter and pour over.

**TOPPING**

½ cup butter or margarine  
½ cup brown sugar

½ cup flour

Combine the ingredients with a fork until they form a crumble. Sprinkle over the apple mixture. Bake in a preheated oven at 220°C for 15 minutes, then reduce the temperature to 180°C. Bake for a further 35 minutes until lightly browned and cooked through. For pies up to 22.5 cm (9").

**VARIATION**

Replace the apples with peaches for a peach tart. Replace the topping with a second sheet of pastry. Make slits in the pastry to allow steam to escape.

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**WARRANTY AND SERVICE**

Your Back to Basics Food Dehydrator is guaranteed against mechanical defects and defective workmanship for one year from the date of purchase. The manufacturer's obligations are limited to replacing or repairing any such defects free of charge during the warranty period if the appliance is sent, postage paid, to BROUWLAND SPRL, Korpelsesteenweg 86, 3581 Beverlo - Belgium. BROUWLAND SPRL is responsible for the cost of returning the appliance. This guarantee does not extend to damage resulting from improper use of the appliance.

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**NOTES**

A series of horizontal dotted lines for taking notes.