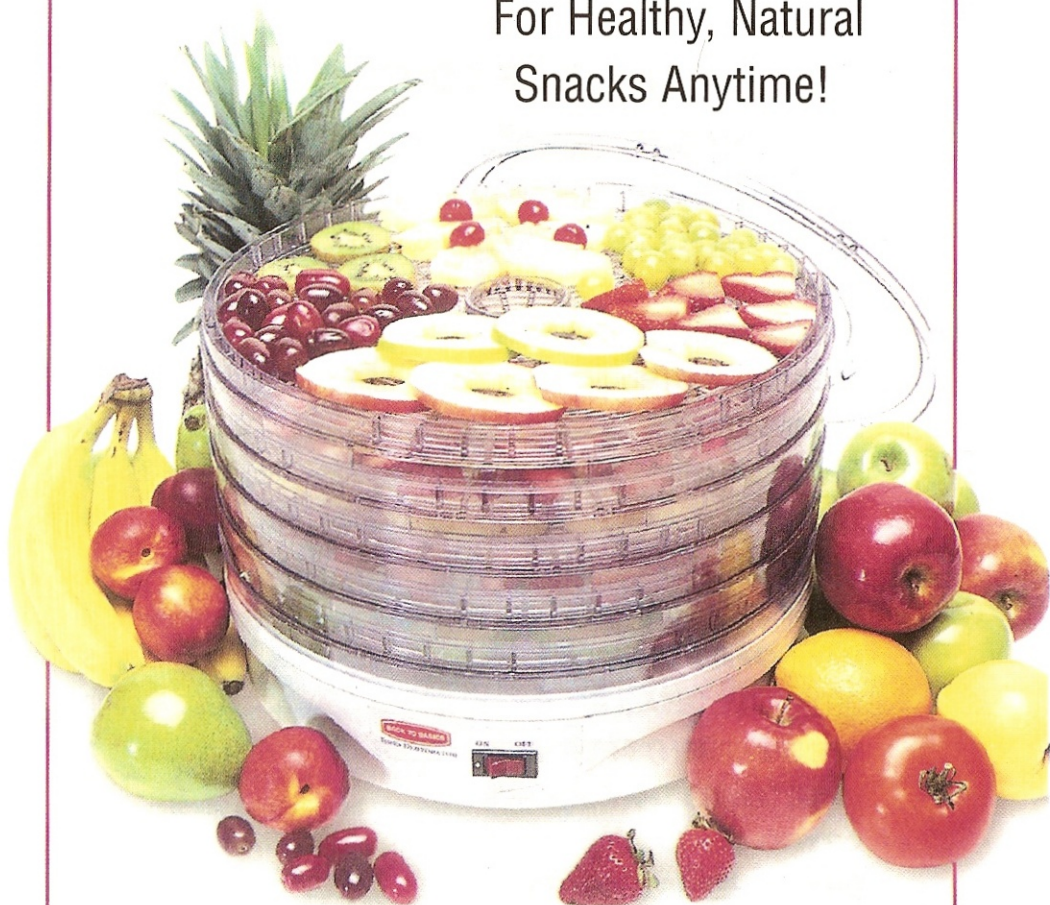


BACK TO BASICS

PRESERVING A TRADITION

FOOD DEHYDRATOR

For Healthy, Natural
Snacks Anytime!



Model FD-600

INSTRUCTION MANUAL

Before operating this unit, please read instructions completely.

MAKING YOUR OWN DRIED FOODS IS FUN, EASY & DELICIOUS

Congratulations on your purchase of the Back To Basics Food Dehydrator. You'll love the convenience and ease of drying your own trail foods, healthy and nutritional snacks, and tasty jerky all without chemicals and preservatives. You'll be surprised at the savings over store-bought dried foods, too. Your new Food Dryer will pay for itself many times over while providing better tasting, more nutritious foods. Go ahead.....dry it, you'll like it!

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IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. READ ALL INSTRUCTIONS BEFORE USING.
2. Do not touch hot surfaces.
3. To protect against electrical shock do not immerse cord, plugs, or the base assembly in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair, or electrical or mechanical adjustment.
7. The use of accessory attachments not recommended or sold by the appliance manufacturer may cause fire, electric shock or injury.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner or in a heated oven.
11. Do not use appliance for other than intended use.
12. Be sure to turn switch to OFF position after each use of your Food Dehydrator.
13. To disconnect, grip plug and pull from wall outlet. Never pull on cord.
14. Never leave the house while the appliance is on.
15. Operate this appliance only on heat resistant cooking surface such as tile, formica or any surface with heat resistant finish.
16. A short cord set is provided to reduce the hazards resulting from becoming entangled in or tripping over a longer cord. Extension cords may be used if care is exercised in their use.
 - A. The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
 - B. The extension cord should be arranged so that it will not drape over the countertop where it can be pulled on by children or tripped over accidentally.

SAVE THESE INSTRUCTIONS

This Food Dehydrator is intended for household use only.

FOOD HANDLING WARNINGS

The following food handling practices must be followed to prevent food borne illnesses. This is the case with all foods, fresh and dried.

- Wash hands thoroughly before handling food, and wash again each time they touch anything other than food.
- Keep your work area, all equipment and utensils clean.
- Wash trays and lid of dehydrator between each use.
- Avoid touching foods as much as possible. Use tongs, forks, and other utensils instead of hands if possible.
- Keep hands away from mouth, nose and hair when handling food.
- Avoid handling food when ill or with sores or cuts on hands.
- Keep animals and pets away from food preparation areas.

Failure to follow these practices could result in bacteria growth in the food product or storage container which could result in serious illness.

SELECTING FOODS TO DRY

Foods to dry should be in prime condition. Because sugar is not added, as it is to canned foods, dried underripe fruits may have a flat, often bitter taste. Tree ripened fruits have the highest natural sugar and best flavor for drying. Vegetables should be fresh and tender when dried. Avoid overripe fruits and vegetables, and cut away any bruised or spoiled portions. Remember that if it's good for eating, it will be good for drying.

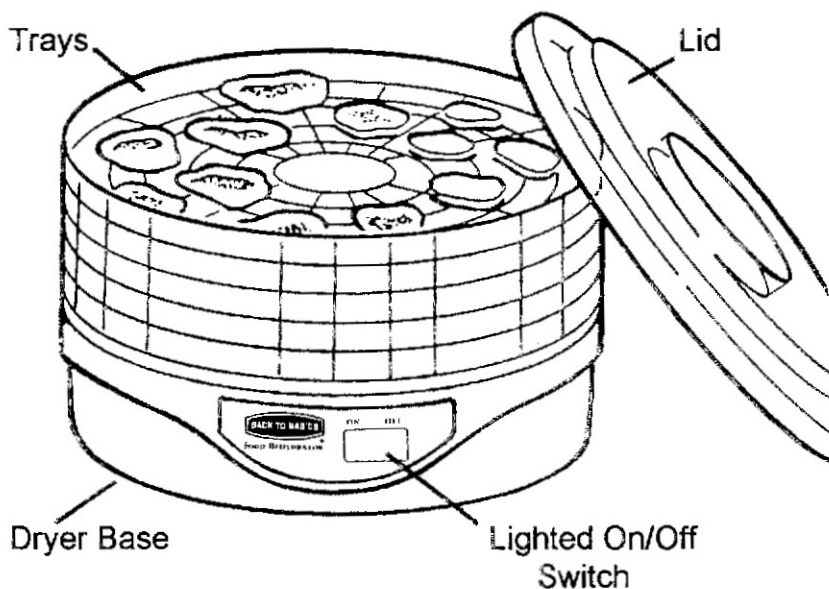
DRYING TIMES

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

- Fruits or vegetables, sliced 1/4 to 3/8-inch thick - 6 to 10 hours.
- Fruit halves, dried skin side down - 12 to 20 hours.
- Fruits with skins, halved and pitted (cherries or raisins) - 12 to 24 hours
- Fruit Leather - 6 to 12 hours

BASIC OPERATING INSTRUCTIONS

- Before using your Food Dehydrator for the first time, wash the trays and lid in warm, soapy water and rinse well. Wash the outer surface of the base with a moist sponge and mild detergent. **AVOID SPILLING WATER OR LIQUIDS IN OPENINGS IN THE BASE. DO NOT IMMERSE BASE UNIT IN WATER OR ANY OTHER LIQUID.**
- Place the base unit on a heat resistant counter top such as tile or formica. Plug the unit into a proper wall outlet. If desired, you may preheat the unit while the last tray of food is prepared.
- Arrange food to dry on each of the trays without overlapping the pieces. Stack trays with prepared food and place on the dryer base. Place the lid on top. Check food frequently (every 1/2 hour) near the end of the drying time and remove individual pieces as they are dry. When foods are all the same size and thickness, they will dry evenly and at the same rate.



CLEANING INSTRUCTIONS

Unplug from electrical outlet before cleaning. Wash trays and lid in warm, soapy water. Some dried on foods are easier to remove after trays have soaked for 10-15 minutes. Trays can be washed on top rack of dishwasher if desired. Rinse well, then dry. Wipe dryer base with damp cloth only. **DO NOT IMMERSE BASE IN WATER.**

DRYING FRUITS

Wash fruits well and remove any bruised or overripe portions. Peel if desired. Larger fruits may be halved or quartered. If pieces of fruit vary in size, they may be sliced 1/4 to 3/8 inch thick for more even drying. Smaller fruits such as grapes and cherries may be dried whole. Remove pits or stones from fruits such as prunes, cherries, apricots, etc.

Fruits that have been artificially waxed to prevent moisture loss should always be peeled. Peeling is optional with other fruits. Dried pear skins tend to be grainy and peach peels are a little fuzzy.

Most fruits can be placed directly on the drying trays as they are prepared...pineapples, grapes, strawberries, prunes, etc.

However, apples, apricots, bananas, peaches and pears turn brown when the cut surfaces are exposed to the air due to oxidation and the reaction of enzymes. These fruits may be pretreated (explained below) to slow browning and to prevent loss of Vitamins A and C.

PRETREATMENTS FOR FRUIT

You need not pretreat fruit in order to dry it. However, pretreatment often makes fruit look better, increases the shelf life and can even enhance the nutritional value of some foods. Experiment with both treated and untreated food to see which will best suit your needs. Remember, proper storage is critical to the quality of the stored product whether treated or untreated.

NATURAL PRETREATMENTS

Use pineapple, lemon, orange or lime juice as a natural alternative to other pretreatments to reduce browning. Slice fruit directly into juice. Remove promptly (about 2 minutes) and place on trays. Fruits may also be dipped in honey, spices, jello powders or sprinkled with coconut to give them a delicious dried flavor. Use your imagination and make your own flavored dip.

ASCORBIC ACID-CITRIC ACID

These two acids help to prevent browning. Dissolve 2 tablespoons of ascorbic acid and 2 tablespoons of citric acid in 1 gallon of water. Dip cut fruits into solution for no more than 2 minutes. Drain, then immediately place on tray to dry.

POPPING BACKS

When drying fruit halves, especially apricots, it has been suggested that popping the back ("inside out") will speed the drying time. This is true, but it also results in the loss of the nutritional juices to the bottom of the dehydrator. Instead, cut each half in half again to give the end product more nutritional value, a brighter color, and faster reconstitution capabilities. Apricots will turn black during drying if too ripe.

CHECKING

Some fruits have a natural protective wax coating, such as figs, prunes, grapes, blueberries, cranberries, etc. To speed drying, it is necessary to pretreat these fruits by dipping them into boiling water for 1 to 2 minutes, depending on the size and toughness of the skin. This makes the skin more porous by removing the natural wax coating and thereby speeds up the drying time. The faster drying helps reduce the nutritional loss. This process is called checking because small lines appear on the fruit skin and allow the moisture to escape. The lines are too fine to be visible.

ROTATING TRAYS

Your new Food Dehydrator is designed to rely on natural heat convection to carry away moist air from the food. Trays should be rotated during the processing period to insure even drying. Trays nearest the bottom exposed to the hottest driest air will dry more rapidly. So simply move them up and move the ones on top to the bottom.

DRYNESS TEST

Fruits should be pliable and leathery with no pockets of moisture. There is a tendency to over dry fruits until they are tough and hard. Over dried fruits do not store as well as properly dried fruits, do not taste as good, and have less nutritional value. Properly dried fruits should contain about 15 to 18% moisture and feel soft but not squishy.

Vegetables should be tough or brittle. They store best when they contain about 5% moisture.

FRUITS THAT DRY BEST

FRUIT	PREPARATION & PRETREATMENT	USES	SUITABILITY FOR LEATHER
Apples	Core and slice in 1/4 inch ring. Pretreat if desired.	Snacks, granola, cookies.	Excellent; combines well with most other fruits.
Apricots	Halve and pit. Pretreat for best color and flavor.	Meat dishes, salads, desserts, baking.	Excellent; 1 tsp. of Citric Acid per quart of puree holds color better.
Bananas	Slice lengthwise or crosswise 1/4 inch thick. Barely ripe bananas hold their color and have the nicest flavor.	Baking, snacks.	Better in combination; color turns dark.
Berries	Only strawberries dry well. Berries with seeds do not dry well. Slice strawberries 3/8 inch thick.	Snacks, cereal.	Excellent.
Cherries	Remove stems and pits. Dry whole or halves.	Snacks, use as raisins.	Excellent; almond extract is nice for flavoring.
Coconut	Drain the milk, crack, and remove meat. Slice 1/4 inch thick.	Snacks, baking.	Use grated as a garnish for other fruit leathers.
Figs	Remove stems; halve or quarter. Dry skin side down.	Snacks, baking.	Only in combination.
Grapes	Seedless varieties only. Dry as is, or skins may be cracked by steaming.	Snacks, baking.	Fair to good, depending on type of grape.
Papayas	Peel thinly and slice 3/8 inch thick.	Snacks.	Poor.
Peaches	Peel, pit, cut in 3/8 inch rings. Pretreat if desired.	Breads, cobblers, & cookies.	Excellent, nice sweetened with honey.
Pears	Peel thinly and slice 3/8 inch thick. Pretreat if desired.	Snacks, baking.	Better in combination.
Pineapple	Peel and slice 3/8 inch thick in rounds.	Snacks, baking.	Better in combination.
Prunes	Halve, pit and dry skin side down.	Snacks, baking.	Excellent.

MAKING FRUIT LEATHER

Fruit leathers, also called fruit taffies or fruit rolls, are easy to make in your FOOD DEHYDRATOR. Fruit leather is a perfect "take along" snack, high in energy and nutrition. Because fruit leather is made from a fresh fruit puree, a solid surface must be used to dry on. If you poured it directly on the trays, it would seep through the openings. You may cover the regular trays with plastic wrap, cut to fit the circular trays.

Fruit leathers are best made from fully ripe fruits. Wash fruits carefully, cut away any bruised or spoiled portions of the fruit, remove the pits or stones and blend in a blender. Peeling is not necessary unless the peels will detract from the finished product, as in pears or peaches. Fruit leather from very seedy berries is best when at least some of the seeds are removed with a sieve. If the fruit will not begin blending by itself, add a little fruit juice to begin the blending process. Add a small amount of honey or corn syrup if sweetening is needed, remembering that the sweetness will concentrate as the leather dries. Honey or corn syrup does not crystallize during storage in the finished leather. Sugar sweetened leather gets brittle during storage.

Pour puree 1/4 inch thick in a circle on the solid trays. When using plastic wrap instead of the fruit roll tray, leave 1/2 inch free near the center and around the outer edge.

Lemon juice, orange juice, fresh pineapple or slightly cooked apple, mix well with most fruits and add additional flavor. Some fruits are best when used in combination with other fruits, so experiment with different combinations.

It is fun to vary the flavor of fruit leather by adding spices or flavorings such as cinnamon, nutmeg, almond extract, or vanilla.

For a change in texture, try sprinkling the wet fruit leather puree with grated fresh or flaked coconut, nuts, finely chopped dried fruit, sesame or sunflower seeds. Remember to store garnished fruit leather in the refrigerator or freezer as it has a shorter shelf life than plain fruit leather when stored at room temperature.

Fruit leather is dry when it is no longer sticky to touch, yet still pliable. Remove from the dehydrator while still warm, cut in quarters, and roll. Wrap tightly in plastic wrap designed for the microwave or freezer (it is airtight and moisture proof), then store in an airtight container. Fruit leather will usually maintain good quality up to a year when properly packaged and stored at room temperature. To keep them fresher, or for longer storage, refrigerate or freeze.

DRYING VEGETABLES

Vegetables dried at home require a little more effort in processing and storage than do fruits because they are low in acid and have little sugar. Some vegetables such as broccoli or asparagus have a poor quality when rehydrated, and are better frozen than dried. Others, such as potatoes, are available at reasonable prices all year round and may not be worth your time to dry them unless they are used for lightweight camping. Be selective in the vegetables you choose to dry, following the recommended guidelines. Vegetables that are not listed do not dry well. Dry vegetables until they are tough or brittle and package according to directions under STORAGE.

PREPARATION

Select only the highest quality, fresh, crisp and tender vegetables for drying. Wash vegetables carefully just before processing to remove dirt and bacteria. Most vegetables should be peeled, trimmed, cut, or shredded prior to drying.

PRETREATMENTS FOR VEGETABLES

Steam blanching vegetables prior to drying destroys the enzymes that produce off flavors during storage, resulting in poor texture and poor rehydration. Steam blanching is preferred over water blanching because there is less flavor and vitamin loss. Microwave blanching is also excellent and usually keeps a brighter color in the vegetables.

STEAM BLANCHING

Layer prepared vegetables in the top portion of a steamer, no more than 2 to 2-1/2 inches deep. Steam until the vegetables are heated all the way through, but are not cooked enough to eat (usually 2 to 3 minutes). Small pieces may need occasional stirring to steam blanch evenly. Transfer steamed vegetables directly to drying trays, working as quickly as possible.

MICROWAVE BLANCHING

Microwave ovens are convenient for blanching fresh vegetables. Prepare vegetables as for steam blanching. Place vegetables with small amount of water (refer to your microwave oven cooking chart) in a covered casserole dish. Cook for only 1/4 to 1/3 the time specified in the chart, stirring well after half of the blanching time. Microwave blanched vegetables will be more brightly colored than those that are steam blanched. Transfer blanched vegetables directly to drying trays, working as quickly as possible.

VEGETABLES THAT DRY BEST

VEGETABLES	PREPARATION & PRETREATMENT	USES AFTER DRYING
Beans, green	Snip off ends; slice diagonally in 1 inch segments. Steam or microwave blanch. Quick freezing for 30-45 minutes prior to placing in dehydrator tenderizes the beans.	Soups, stews, or casseroles.
Beets	Use small tender beets. Steam until almost tender. Slice 3/8 inch thick.	Flake in blender to use in soups, salads, pickled beets.
Carrots	Peel, dice 3/8 inch thick and steam or microwave blanch.	Dry soup mixes; grated for carrot cake.
Corn	Husk and remove silk. Steam or microwave blanch; cut from cob.	Fritters, chowders, soups, stews.
Garlic	Separate and peel cloves; cut in half lengthwise.	Powder in blender for seasoning.
Mushrooms	Remove any woody portions from stem. Slice lengthwise 3/8 inch thick.	Use in eggs, spaghetti, or creamed dishes.
Onions	Trim ends and remove paper shell. Dice 1/4 to 3/8 inch thick.	Seasonings.
Peas	Shell and steam or microwave blanch.	Soups, stews, or cream sauces.
Peppers	Remove core, dice or slice 3/8 inch thick.	Seasonings, soups, stews.
Potatoes	Peel and slice 1/4 to 3/8 inch thick. Steam or microwave blanch. Rinse well in cold water to remove gelled starch.	Hash brown potatoes, soups.
Tomatoes	Core and slice in 3/8 inch thick slices.	Powder in blender and use as salad sprinkles or in place of tomato sauce.

DRYING MEATS

Meats or fish can be dried using two different methods, (1) drying without cooking and (2) drying cooked meats.

Jerking meats, or processing without prior cooking, yields tough chewy but great tasting meat. The meats are soaked in a salt based marinade, then dried.

Meats and fish can be cooked prior to drying. Proper cooking kills the bacteria present in raw meats and fish prior to drying. The dried meat and fish products can be used for stews, sandwich spreads, or stroganoff. The light weight of dried meats makes them ideal to take along on camping or backpacking trips. Dried meats and fish can be reconstituted by adding water, then used for many recipes.

Meats for drying should be **LEAN WITH AS LITTLE FAT** as possible. Fat will spoil during storage. Flank steak or round steak is an excellent choice for making jerky. Meats that work best for stews or sandwich spreads need to be of choice quality and tender. **ALL FAT SHOULD BE REMOVED.**

Meats, for purposes other than jerky, need to be cooked prior to drying. You can use leftover roast or steak to dry, or cook meats specifically for drying. Leftover turkey will make excellent snacks for later.

Fish should be as fresh as possible.

MAKING BEEF JERKY

Slice the flank or round steak into thin strips or slices. Cutting the meat while it is frozen may make cutting easier. Cut across the grain for more tender jerky. Place in prepared marinade for 3 hours or overnight in an airtight container. Do not use a metal container. (See Homemade Jerky, p.17)

Place the strips or slices onto the tray. Do not overlap. Dry until it cracks when bent, about 8-15 hours. Store in airtight container for up to 2 weeks. To maintain the best flavor, refrigerate. Use within 3 months.

MAKING FISH JERKY

Use fresh fish cut into strips. Larger fish work better. Properly clean fish and keep cold prior to drying to help reduce spoiling. Remove the bones and cut into strips. Soak in mixture of 1 quart water and 1/2 cup salt. Refrigerate 30 minutes. Remove from liquid, pat dry.

Place into flat pan and sprinkle liberally with a salted seasoning mixture. Use at least 1 tablespoon salt per 2 pounds of fish. Cover and refrigerate for about 6 hours.

Then place seasoned strips onto trays to dry. Don't overlap. Dry until no moisture appears, but not until brittle. Refrigerate dried fish to ensure flavor. Keeps up to 3 months refrigerated.

DRIED MEATS AND FISH THAT HAVE BEEN COOKED

Thoroughly cook the fish or meat. Remove any visible fat. Cut into 1/2" cubes. Place on trays and dry until no moisture is present. Store in airtight container at room temperature for 2 weeks. Store in freezer for up to 2 months.

Reconstitute by soaking in water or broth for up to 1 hour. Add to your favorite recipes.

DRYING HERBS AND SPICES

Properly clean herbs or spices prior to drying.

Almost any herb or spice can be used for drying. These can be dried right on the stalk or stem. Remove the stems and leaves once these are dried. Labeling the herbs or spices prior to drying will help make identification much easier once dried.

Place in plastic bags in the whole form, then store in a cool, dry place. Crush or rub leaves when ready to use. This helps to keep flavor intact.

Make sure herbs are totally dry. Any hint of moisture will spoil the herbs. Be especially careful when drying basil.

FLOWERS

Select flowers that are unblemished and fresh. Cut so that the stem or stalk can be arranged on the tray without bending. If it is bent, it will remain bent once dried.

POTPOURRI

Flowers or herbs offer a wide variety of choices for potpourri. Choose your favorites and experiment with mixing your own potpourris. Keep records so that you can duplicate the scent next time. Place flower heads on trays, without overlapping. Dry, then mix together to form the potpourri. Your whole house will smell great as the flowers are drying. Scented oils can be added to your potpourri to help rejuvenate the scent.

STORAGE / PACKAGING

DRIED FOODS MUST BE PROPERLY PACKAGED IN ORDER TO KEEP WELL. After drying, let foods cool completely, then package your dried foods in freezer plastic bags, squeezing out as much air as possible. Heat-sealable bags may also be used. Store the plastic bags inside airtight metal, plastic or glass containers. Storing foods in rigid containers without first putting them into freezer bags exposes the dried foods to air. Vacuum packaging equipment for home use is available in some stores around the country. Vacuum packaging will greatly extend shelf life.

STORAGE CONDITIONS

Store properly packaged dried foods in a cool, dark place. The cooler the food is kept, the longer the optimal quality will be maintained. For every 18°F drop in temperature, the shelf life increases 2 to 3 times. If you have room in a refrigerator or freezer, keep your dried foods there. Otherwise, find the coolest place in your home to store dried foods. Light also causes the quality and nutritive value to deteriorate. Keep dried foods in the dark or in opaque containers.

SHELF LIFE

Fruits have a naturally high sugar and acid content, which allows them to dry well and store for longer periods of time than vegetables. When properly packaged and stored at room temperature or below (70°F or less), most fruits will maintain a high quality and nutritional value up to a year. Most vegetables are best when eaten within six months.

Your dehydrated food should be checked about once a month. Should you find mold growing on a piece of the dried food, scrape it off and then pasteurize the contents.

To pasteurize the contents, spread food on a cookie sheet and bake in oven for 15 minutes at 175 degrees Fahrenheit. Repack in a clean, airtight container.

REHYDRATING METHODS

Dried foods taste great as is, or they can be rehydrated close to their own original texture. Rehydrated fruits are great in pies and sauces. Vegetables are used in stews, soups and casseroles.

Various methods for rehydrating are outlined here. Choose the method that best fits your needs.

COLD WATER METHOD FOR FRUIT

- Soak fruit in refrigerator to keep free of molds or bacteria. Soak for a few hours, until fruits reach desired consistency. Use enough water to just barely cover fruits.
- One cup of dried fruits will yield about 2 cups of rehydrated fruit.
- Do not over soak fruits, this tends to reduce flavor and make them soggy.

COLD WATER METHOD FOR VEGETABLES

- Wash vegetables in clean water. Soak in clean, unsalted water for 2-10 hours in a covered pan. Smaller pieces need shorter soaking times, larger pieces of produce will have longer times.
- Add seasonings at the end of rehydrating, not during.
- One cup of dried vegetables will yield about 2 cups of rehydrated vegetables.

BOILING WATER METHOD

Place 1 cup of fruit into 1 cup of water, simmer until tender. Place 1 cup of vegetables into 1 cup of boiling water. Set aside and let soak for 5 to 20 minutes. This varies depending on the type of vegetable. After soaking, use the vegetables for soups, stews or casseroles.

STEAMING METHOD

Fruits can be softened by steaming for about 3-5 minutes. This method is ideal when using fruits for milk shakes or baking.

COOKING METHOD

Simply add the vegetables to the desired recipe. Be sure to add enough extra water to sufficiently rehydrate the produce.

RECIPES TO GET YOU STARTED

APPLE CINNAMON RINGS

Peel and core apples. Slice into 1/4 inch rings. Sprinkle with cinnamon or sugar/cinnamon mixture, if desired. Dry until leathery.

GLAZED BANANA CHIPS

Slice bananas into 1/4 inch slices and place into lemon juice. Soak for a few minutes, then drain on paper towel. Sprinkle with cinnamon or your favorite jello. Dry leathery to crispy depending on your preference.

HONEY GLAZED BANANA CHIPS

Mix 1/4 cup water and 1/4 cup honey. Add sliced banana. Drain the sprinkle with cinnamon or your favorite spice to add an extra touch.

PINEAPPLE CHIPS

Remove outside rind from fresh pineapple. Slice 1/4 to 3/8 inch thick and cut into strips or chunks. Dry until leathery.

FRUIT & NUT MIX

Slice bananas, strawberries and pineapple (canned or fresh) uniformly, about 1/4 inch thick. After dried and cooled add mixed nuts.

BASIC FRUIT LEATHER / FRUIT ROLLS

Take any ripe fruit or berry and puree it in your blender with a small amount of apple or orange juice to help liquefy the fruit. Add honey or corn syrup to taste if desired. Place plastic wrap (not wax paper or aluminum foil) on trays and pour pureed mixture 1/4 inch thick. When dry enough to remove wrap, turn over and continue drying until leather-like. Roll-up if desired.

APPLE LEATHER

Prepare one quart of chopped apples by removing cores but not skins. Place just enough water in your blender, with a few apple chunks to start the blending action. Keep adding apples until consistency is like applesauce. Place plastic wrap on trays and pour pureed mixture to 1/4 inch thick. When dry enough, remove wrap and turn over to continue drying until leathery. Roll-up, slice and serve.

STRAWBERRY LEATHER

Place 2 cups of fresh strawberries into blender with a small amount of apple juice to help liquefy them. Pour through fine strainer screen to remove some of the seeds. Line tray(s) with plastic wrap, then pour puree evenly onto tray spreading 1/4 inch thick with a spatula. Dry until leather like.

LEATHER VARIATIONS

Combine apples and strawberries or other combinations of fruits. Add honey or corn syrup to taste. Sprinkle on cinnamon, coconut, crushed nuts, or favorite spice if desired. Remember, anything that tastes good in the blender will taste good as a leather.

NATURAL GRANOLA

- | | |
|-----------------------------------|-----------------------------------|
| 5 cups rolled instant oats | 1/2 cup honey |
| 1/2 cup wheat germ | 1/3 cup firmly packed brown sugar |
| 3/4 cup raisins or dried cherries | 1 teaspoon vanilla |
| 3/4 cup chopped dried apples | 1 teaspoon cinnamon |
| 1/2 cup chopped dated | |
| 1 cup chopped nuts | |

Mix all ingredients together. Spread out on the plastic wrapped trays. Dry until hard, then store in an airtight bag. Ideal for healthy breakfast or snack anytime of the day.

FAVORITE TRAIL MIX

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|-----------------------------------|------------------------------|
| 1 cup sunflower seeds | 1 cup broken cashews. |
| 1 cup carob chips | 1 cup coconut strips (pared) |
| 1 cup raisins (dehydrated grapes) | 1 cup diced apples |
| 1 cup diced apricots | 1 cup diced peaches |
| 1 cup diced pears | 1 cup slivered almonds |

Simply combine the above dried ingredients for a nutritional snack at home, in the office and car, or on the trail. Also makes a great gift idea.

DRIED SOUP MIX

- | | |
|--------------------------------|--------------------------------|
| 1/2 cup dehydrated onion | 1/2 cup dehydrated green beans |
| 1 cup dehydrated carrots | 1/2 cup dehydrated corn |
| 1/2 cup dehydrated celery tops | 1/2 cup dehydrated zucchini |
| 2 cups dehydrated tomatoes | 1 cup dehydrated potatoes |

Place the above ingredients or any combination of your favorite dried vegetables into an airtight container. Add dry rice or noodles and dried meat if desired. When ready to use place 2 cups of dried mix into 2 cups of boiling water. Cover and simmer until tender. Add bouillon or seasonings to taste.

CREAM OF TOMATO SOUP

- | | |
|---------------------------|----------------------------|
| 2 cups milk | 2 cups dehydrated tomatoes |
| 2 tablespoons flour | 1 tablespoon sugar |
| 1 third slice onion | Dash of pepper |
| 2 tablespoons soft butter | 1 teaspoon salt |
- Dash of garlic salt

Heat milk in saucepan. Put 2 cups of tomatoes in blender and fill to the 2 cup measure with water. Let stand 5 minutes and puree until smooth. Add the remaining ingredients and process until smooth. Remove feeder cap and slowly pour the hot milk into the mixture while processing. Reheat over low heat and serve immediately. Makes 4 servings.

SMOKED NUTS

- | | |
|---|---------------------------|
| 4 cups nuts (peanuts, wainuts, almonds, etc.) | 1/4 teaspoon liquid smoke |
| 1 tablespoon honey | 3/4 cup water |
| | 1 tablespoon salt |

Mix all ingredients in a bowl and let sit for 60 minutes. Drain and place on tray to dry about 2-3 hours.

HONEY NUTS

- | | |
|----------------------------|---------------------|
| 4 cups nuts of your choice | 3/4 cups water: |
| 2 tablespoons honey | 1 tablespoon salt |
| 1/2 teaspoon cinnamon | 1/2 teaspoon nutmeg |

Mix ingredients in bowl and marinate for 60 minutes. Drain and place on trays to dry. Requires 3 to 5 hours to dry completely.

HOMEMADE JERKY

Fish or any kind of meat can be prepared this way. Mix in a bowl 1/2 cup of Soy Sauce, 1/2 cup Worcestershire Sauce, 4 tablespoons brown sugar and 4 tablespoons of liquid smoke (optional). Slice meat into 1/8 inch thick slices and brush each piece of meat well with sauce. Lay coated meat flat in glass or crock bowl. (DO NOT USE METAL BOWL.) Sprinkle with salt, garlic powder, and coarsely ground pepper. Stack seasoned meat in bowl and leave overnight. Lay meat on trays and dry until leather like. Store in glass jars with holes punched in the lid.

GERMAN DUTCH APPLE CAKE

- | | |
|--------------------------|----------------------|
| 3 cups dehydrated apples | 2 cups flour |
| 3 cups water | 1 teaspoon soda |
| 2 large eggs | 1 1/2 teaspoon water |
| 1 cup vegetable oil | 1 teaspoon cinnamon |
| 2 cups sugar | 1 cup chopped nuts |

Soak apples until reconstituted. Mix eggs and oil until foamy and add sugar, flour, soda, 1 1/2 teaspoon water and cinnamon. Mix together nuts and drained apples. Spread in oblong pan and bake at 350° for 50-60 minutes.

ICING

- | | |
|--------------------------|----------------------|
| 1 3 oz. cream cheese | 1/4 teaspoon vanilla |
| 1 teaspoon melted butter | 1 cup powdered sugar |

Spread over warm German Dutch Apple Cake.

ORANGE PEAR BARS

- | | |
|---------------------------------|--|
| 1/4 cup butter | 3/4 teaspoon soda |
| 1/2 cup brown sugar | 1/4 cup milk |
| 1 egg | 1/4 cup orange juice |
| 1 teaspoon grated orange peel | 1/2 cup chopped dried pears with peels, water to cover |
| 1/4 cup plus 3 Tbsp white flour | 1 Tablespoon brown sugar |
| 1/4 cup plus 3 Tbsp wheat flour | |
| 1/2 teaspoon baking powder | |

Simmer dried pears in water and 1 Tablespoon brown sugar for five minutes. Drain well. Cream butter, brown sugar, egg and orange peel, beat well. Add dry ingredients, then milk, orange juice and pears. Mix. Pour into greased 8 inch square pan and bake at 350° for 25 minutes. Cook, sprinkle with sifted powdered sugar. Makes 16 squares.

APPLE PIE

2 cups water	1/4 teaspoon allspice
2 cups dried apples	1 tablespoon mace
1/2 cup sugar	1 tablespoon butter
1 teaspoon cinnamon	2 tablespoons flour
1 unbaked pie shell	

Simmer apples in water until tender. Add sugar, flour and spices, mix. Pour into pie shell. Dot with butter.

TOPPING

1/2 cup butter or margarine
1/2 cup brown sugar
1/2 cup flour

Mix ingredients with fork until crumbly. Sprinkle on top of apple mixture. Bake in preheated 425° F oven for 15 minutes, reduce heat to 350° F, bake for 35 minutes until slightly browned and bubbly. Makes 1-9 inch pie.

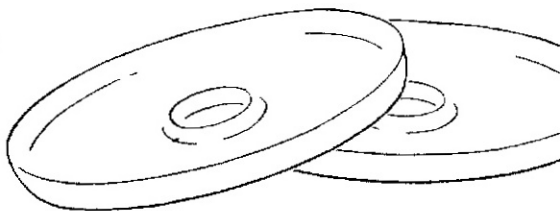
VARIATIONS

Substitute peaches for apples to make peach pie. Eliminate topping and use a second pie crust to top. Cut slits into pie crust to let steam escape.

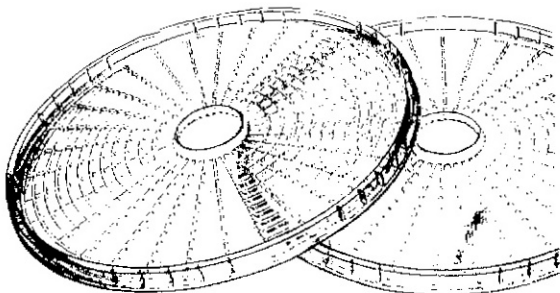
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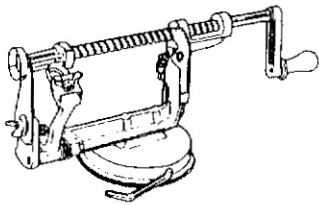
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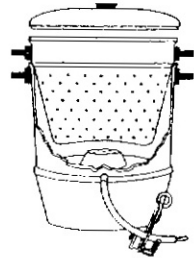
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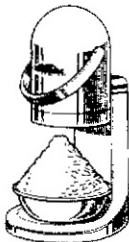
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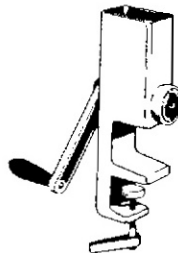
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