GENERAL SAFETY RULES

WARNING!

READ AND FULLY UNDERSTAND ALL INSTRUCTIONS AND WARNINGS PRIOR TO USING THIS UNIT. YOUR SAFETY IS MOST IMPORTANT! FAILURE TO COMPLY WITH PROCEDURES AND SAFE GUARDS MAY RESULT IN SERIOUS INJURY OR PROPERTY DAMAGE.

REMEMBER: YOUR PERSONAL SAFETY IS YOUR RESPONSIBILITY!

1.**CHECK FOR DAMAGED PARTS**. Before using the Dehydrator, check that all parts are operating properly and perform their intended functions. Check for any conditions that may affect the unit operation. **DO NOT** use if the power cord is damaged or frayed.

2.To avoid unintentional starting, make sure the power switch is in the "OFF" position before connecting the Dehydrator to the power source.

3.**ALWAYS DISCONNECT** the Dehydrator from the power source before servicing, changing accessories or cleaning the unit. Unplug the Dehydrator when not in use.

4.**KEEP CHILDREN AWAY. NEVER LEAVE THE APPLIANCE UNATTENDED**. Monitor the Dehydrator while in use.

5.The manufacturer declines any responsibility in the case of improper use of the Dehydrator. Improper use of the Dehydrator voids the warranty.

6.Electrical repair must be done by an authorized dealer. Use only factory original parts and accessories. Modification of the Dehydrator voids the warranty. **NEVER** open the rear panel of the Dehydrator. **NEVER** remove the back screen from the Dehydrator.

7.**DO NOT** pull the power cord to unplug. It is suggested to **NOT** use extention cords with the Dehydrator.

8.Be sure the Dehydrator is stable during use. All four feet should be secure on a level surface. The Dehydrator should not move during operation.

9.**DO NOT** operate the Dehydrator outdoors or near any flammable or combustible materials. **INDOOR USE ONLY.**

10.**USE IN A WELL VENTILATED AREA**. It is suggested to use the Dehydrator in a garage or similar structure.

11.**DO NOT** block the air vents on the door or at the rear of the Dehydrator. Keep the Dehydrator at least 12" (30.5cm) away from any wall to allow for proper air circulation.

12.**DO NOT** operate the Dehydrator on flammable surfaces such as carpeting.

13.**To prevent electric shock, DO NOT IMMERSE IN WATER OR LIQUID.Serious injury from electric shock could result. DO NOT use this machine with wet hands or bare feet. DO NOT operate near running water.**

14.Disconnect from power source before cleaning the components of this machine. **READ ALL DIRECTIONS** on how to clean this Dehydrator before attempting to clean it.

15.After cleaning, make sure Dehydrator is completely dry before reconnecting to the power source-if not; ELECTRIC SHOCK may result.

16.**DO NOT** operate the Dehydrator on a hot stove-top or inside an oven. **DO NOT** allow the power cord to drape over the Dehydrator or hot surfaces.

17.**BEWARE**! **Surfaces on the Dehydrator become HOT during use! Serious injury may result!**

18.Edges may be sharp.

19.**DO NOT** use while under influence of drugs or alcohol.

20.Household use only.

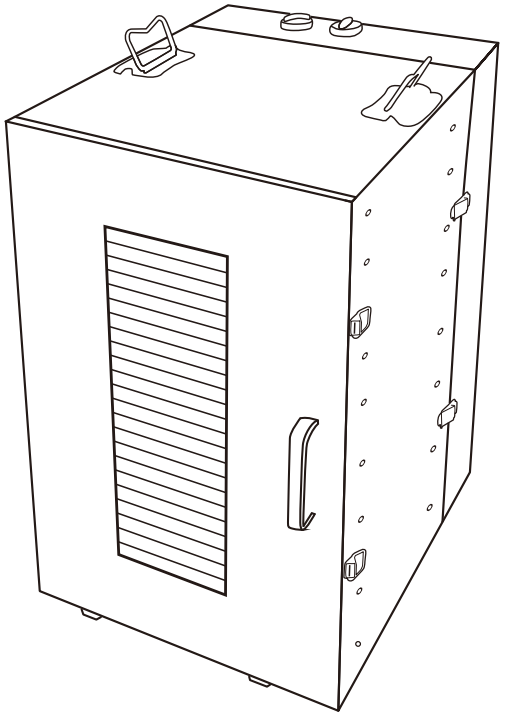
SAVE THESE INSTRUCTIONS!

Refer To Them Often And Use Them To Instruct Others.

Stainless Steel

Dehydrator

Model No:ST–02

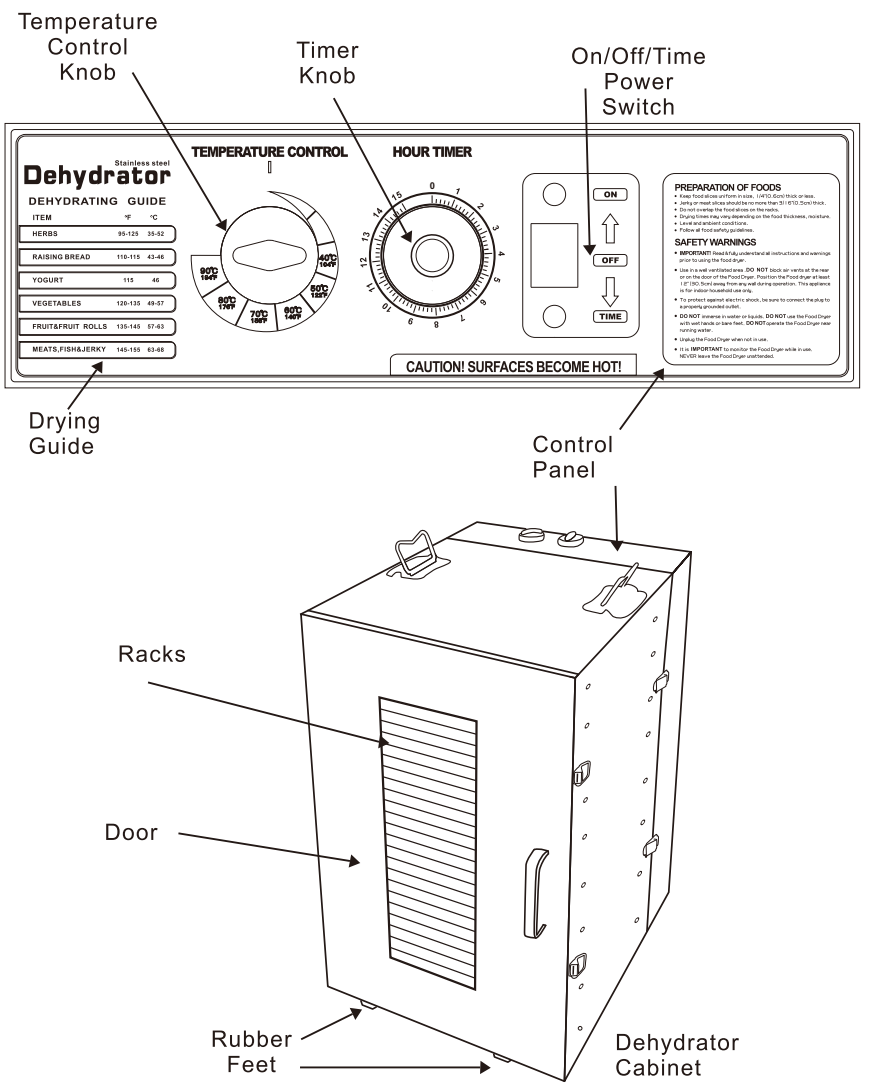


CAUTION!

DEHYDRATOR SURFACES BECOME HOT!

CAUTION! EDGES MAY BE SHARP!

Stainless Steel Dehydrator 16racks



CAUTION! EDGES MAY BE SHARP!

PROBLEM SOLVING

MOISTURE IN THE CONTAINER

CAUSE: Incomplete Drying. Food cut unevenly, thus incomplete drying. Dried foods left at room temperature too long after cooling, moisture has re-entered the foods.

PREVENTION: Test food for dryness before removing from the dehydrator. Cut foods evenly. Cool quickly and package immediately.

MOLD ON FOOD

CAUSE: Incomplete drying. Food not checked for moisture content within a week. Storage container not air-tight. Storage temperature too warm/moisture in food. Case hardening may have occurred, meaning the food was dried at too high of temperature and food was dried on the outside but not completed dried on the inside.

PREVENTION: Test several food pieces for dryness. check the storage container within 1week for moisture ,then redry food if needed. use air-tight containers for storage. Store foods in cool areas that are 70°f(21℃) or below. Dry foods at appropriate temperatures/use the drying guide for reference.

BROWN SPOTS ON VEGETABLES

CAUSE: Too high of drying temperature used. Vegetables were over-dried.

PREVENTION: Dry foods at appropriate temperatures/use the drying guide for reference. Check foods often for dryness.

FOOD STICKING TO THE RACKS

CAUSE: Food not being turned over.

PREVENTION: After one hour of dehydrating, use a spatula and flip the foods.

RECIPES

HAWAIIAN JERKY MARINADE

1 tsp salt
1 tsp ground Ginger
1/4cup Pineapple Juice
1 Tbsp Brown Sugar
1/4 tsp Pepper
1/8 tsp Cayenne Pepper
1 crushed Garlic Clove
1/4 cup Soy Sauce
1 lb.(0.5 kg)lean Meat, sliced into 1/8-1/4"(0.3-0.6 cm)thin strips

CAJUN JERKY MARINADE

1 cup Tomato Juice
1/2 tsp Garlic Powder
1/2 tsp ground Black Pepper
1-1/2 tsp dried Thyme
1-1/2 tsp dried Basil
1-1/2 tsp Onion Pepper
1 tsp White Pepper
2 tsp Cayenne Pepper(or more to taste)
1 lb.(0.5 kg)lean Meat, sliced into 1/8-1/4"(0.3-0.6 cm)thin strips

HOT JERKY MARINADE

1/3 cup Teriyaki Sauce
2 tsp Brown Sugar
2 tsp ground Black Pepper
1 tsp ground Horseradish
1 tsp Salt
1/2 tsp Paprika
1/2 tsp Chili Powder
1 tbsp Olive Oil
1 tbsp minced Garlic
1/4 tsp Tabasco Sauce
2 tbsp seeded & finely chopped Jalapeno Peppers
1 lb.(0.5kg) lean Meat, sliced into 1/8-1/4"(0.3-0.6cm)thin strips

BURGUNDY JERKY MARINADE

2 cups Burgundy Wine
1/2 cup Soy Sauce
3 Cloves Garlic ,chopped
3 tbsp Molasses Syrup
1 tbsp ground Black Pepper
1 lb.(0.5kg) lean Meat, sliced into 1/8-1/4"(0.3-0.6 cm) thin strips

TURKEY JERKY MARINADE

1/4 cup Soy Sauce
1 tbsp fresh Lemon juice
1/4 tsp Powdered Garlic
1/4 tsp Pepper
1/8 tsp Ginger
1 1/2 lbs.(0.7kg) Turkey Breast, sliced into 1/8-1/4" thin strips

VENISON JERKY MARINATE

1/3 cup Soy Sauce
1 tbsp Brown Sugar
1 tsp Salt
1/2 tsp Minced Garlic
1/2 tsp Ground black Pepper
1 lb.(0.5 kg)Venison, sliced into 1/8-1/4"(0.3-0.6cm)thin strips

INSTRUCTIONS

- In a small glass bowl, combine all of the ingredients except the meat/poultry. Mix thoroughly.
- Place a layer of meat/poultry into a glass baking dish, spoon sauce mixture over each layer.
- Repeat until meat/poultry is 3-4 layers deep in the pan.
- Cover tightly and marinate for 6-12 hours in the refrigerator or overnight. Stir occasionally to keep the meat/poultry coated in marinade. The longer the meat/poultry stays in the marinade, the more flavor will be absorbed into it.
- Remove the meat/poultry from the marinade, removing excess marinade.
- Lay the meat/poultry evenly onto the dehydrator racks, leaving 1/4"(0.6cm)space between each strip of meat/poultry.
- Dry meat/poultry at 145-150°F (63-66°C)for 4-7 hours or until thoroughly dry.

NOTE: When using a dehydrator, check the temperature of the dehydrator with a dial thermometer before drying jerky. The minimum recommended temperature for drying meats is 145°F (63°C).

Temperatures below 145°F (63°C) are not recommended. **IMPORTANT**: Before you place the meat in a dehydrator, it is highly recommended to heat the meat to 160°F (71°C) BEFORE the dehydrating process. This step assures that any bacteria present will be destroyed by wet heat. After heating to 160°F (70°C), maintain a constant dehydrator temperature of 130-140°F (55-60°C) during the drying process. You may need to blot fat droplets from the surface of the meat occasionally using a paper towel. Drying times may wary based on many circumstances including but not limited to: the relative humidity of the room, the temperature of the meat at beginning of drying process, the amount of meat in the dehydrator, leanness of meat, etc. Always allow Jerky to cool before taste testing.

CLEANING INSTRUCTIONS

! WARNING! Before cleaning or servicing the Dehydrator, make sure it is unplugged and the power switch is set to the "OFF" position.

Clean the **Racks** and interior of the **Cabinet** before using the **Dehydrator** for the first time and after each use.

1. Set the **Power Switch** and the **Timer Knob** to the "OFF" position . Disconnect the electrical cord from the power outlet.

2. Allow the **Dehydrator** to completely cool before cleaning.

3. Remove the **Racks** from the **Dehydrator Cabinet.**

4. Wipe the **Dehydrator Cabinet** clean (inside and out) with a damp sponge or washcloth. **CAUTION! Edges may be sharp!** Do not splash water onto the **Heating Element** (located behind the **Screen** inside the **Cabinet** at the back).Water may damage the electrical components and increases the risk of electrical shock. **DO NOT** immerse the **Dehydrator** in water.

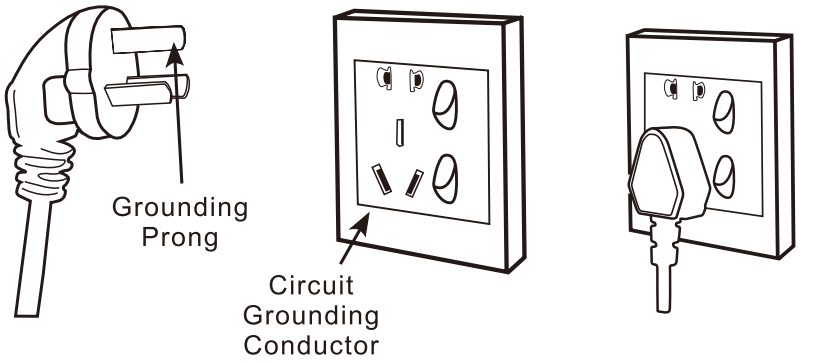
5.Clean the **Dehydrator Racks** with warm, soapy water. Rinse with clear water and dry immediately.

GROUNDING INSTRUCTIONS

GROUNDING

This appliance must be grounded while in use to protect the operator from electric shock. The appliance is equipped with a 3-conductor cord and a 3-prong grounding(Figure A) type plug to fit the proper grounding-type receptacle(Figure B). For safety,the plug must be firmly plugged in (Figure C).**DO NOT modify the plug in any way.**

Figure A **Figure B** **Figure C**



OPERATING INSTRUCTIONS

IMPORTANT! IT IS IMPORTANT TO MONITOR THE DEHYDRATOR WHILE IN USE. NEVER leave the Dehydrator unattended. Read and fully understand all instructions and warnings prior to using this unit. **USE IN A WELL VENTILATED AREA. DO NOT BLOCK THE AIR VENTS at the rear or on the Door of the Dehydrator.**

1. Operate the Dehydrator on a clean, dry surface.

2. Set the Power Switch and the Timer Knob to the "OFF" position.

3. Plug the Dehydrator into a standard 120 volt, 60 Hz wall outlet.

4. Position the **Dehydrator** at least 12"(30.5 cm) from any wall during operation to allow for proper air circulation. **DO NOT** block the air vents at the rear or on the Door of Dehydrator.

5. Remove the **Racks** from the **Dehydrator**. Load the **Dehydrator Racks** with the items to be dried. Position the pieces so that they do not touch each other. Do not overlap or allow the product to touch. Allow ample space between the product for proper air circulation. Remove any excess water from the food. (this can be done by patting the food with a paper towel or napkin.) Excess moisture may cause the Dehydrator temperature to drop.

6. Turn the **Power Switch** "ON" or "TIME".

7. Turn the **Temperature Control Knob** to the desired heat setting, using the "Drying Guide" as a reference. It is recommended to place an oven thermometer (not included) into the **Dehydrator** to monitor the temperature setting. Adjust the **Temperature Control Knob** as necessary.

8. Set the **Timer Knob** to the desired drying time.If you want to keep the Dehydrator working,please open the ON button.

9. Preheat the **Dehydrator** for 5-10 minutes before loading the **Racks** into the **Dehydrator.**

10. Install the **Door** onto the **Dehydrator Cabinet** by hanging the **Door** onto the lip on top of the **Cabinet**. Make sure the sides of the **Door** are closed, securely against the **Cabinet**.

11. Water droplets may form on the surface of some products while dehydrating. These can be removed by blotting the product with clean towel or paper towel. **Use CAUTION**, **the Dehydrator becomes Hot!**

NOTE: Drying times may vary depending on several factors including relative humidity, air temperature and product thickness, temperature and fat content. The actual temperature of the Dehydrator is based on the ambient temperature of 70°F (21°C).If the Dehydrator is not used in the ambient temperature of 70°F(21°C),the temperature indicated on the **Temperature Control Knob** may not be achieved/may be exceeded.

FOOD SAFETY

There are basic rules to follow when handling food.
They are **COOK, SEPARATE, CLEAN, and CHILL.**

COOK

It's crucial to cook food to a safe internal temperature to destroy bacteria that is present. The safety of hamburgers and other foods made with ground meat has been receiving a lot of attention lately, and with good reason. When meat is ground ,the bacteria present on the surface is mixed throughout the ground mixture. If this ground meat is not cooked to at least 160°F to 165°F(71°C to 74°C), bacteria will not be destroyed and there's a good chance you will get sick.

Solid pieces of meat like steaks and chops don't have dangerous bacteria like E. coli on the inside, so they can be served more rare. Still, any beef cut should be cooked to an internal temperature of at least 145°F(63°C)(medium rare). The safe temperature for poultry is 180°F(82°C) and solid cuts of pork should be cooked to 160°F(71°C). Eggs should be thoroughly cooked too. If you are making a meringue or other recipe that uses uncooked eggs, buy specially pasteurized eggs or use prepared meringue powder.

SEPARATE

Foods that will be eaten uncooked and foods that will be cooked before eating MUST ALWAYS be separated. Cross-contamination occurs when raw meats or eggs come in contact with foods that will be eaten uncooked. This is a major source of food poisoning. Always double-wrap raw meats and place them on the lowest shelf in the refrigerator so there is no way juices can drip onto fresh produce. Then use the raw meats within 1-2 days of purchase, or freeze for longer storage. Defrost frozen meats in the refrigerator, not on the counter.

When grilling or cooking raw meats or fish, make sure to place the cooked meat on a clean platter. Don't use the same platter you used to carry the food out to the grill. Wash the utensils used in grilling after the food is turned for the last time on the grill, as well as spatulas and spoons used for stir-frying or turning meat as it cooks.

Make sure to wash your hands after handling raw meats or raw eggs. Washing hands with soap and water, or using a pre-moistened antibacterial towelette is absolutely necessary after you have touched raw meat or raw eggs. Not washing hands and surfaces while cooking is a major cause of cross-contamination.

CLEAN

Wash your hands and work surfaces frequently when you are cooling. Washing with soap and warm water for at least 15 seconds, then dry with a paper towel.

CHILL

Chilling food is very important. The danger zone where bacteria multiply is between 40°F and 140°F(4°C and 6°C). your refrigerator should be set to 40°F(4°C) or below; your freezer should be 0°F(-17°C) or below. Simple rule: serve hot foods hot, cold foods cold. Use chafing dishes or hot plates to keep food hot while serving. Use ice water baths to keep cold foods cold. Never let any food sit at room temperature for more than 2 hours-1 hour if the ambient temperature is 90F(32C) or above. When packing for a picnic, make sure the foods are already chilled when they go into the insulated hamper. The hamper won't chill food-it just keeps food cold when properly packed with ice. Hot cooked foods should be placed in shallow containers and immediately refrigerated so they cool rapidly. Make sure to cover foods after they are cool.

NOTE: Special considerations must be made when using venison or other wild game, since it can become heavily contaminated during field dressing. Venison is often held at temperatures that could potentially allow bacteria to grow , such as when it is being transported. Refer to the USDA Meat and Poultry department for further questions or information on meat and food safety.

STORING JERKY

Wrap jerky/snack sticks in aluminum foil and store in a thick plastic food storage bag, or place jerky/snack sticks in a jar with a tight lid. Avoid storage in plastic containers or bags without first wrapping in aluminum foil or wax paper. Jerky/snack sticks should be stored in a dark , dry place between 50-60°F (10-16°C). You can store properly dried jerky/snack sticks at room temperature for 1 to 2 months. To extend the shelf life to up to 6 months, store jerky/snack ticks in the freezer. Be sure to label and date all packages.

FRUIT ROLL-UPS

1. Select ripe or slightly over-ripe fruits. Wash and remove blemishes, pits and skin.
2. Puree in a blender. Add yogurt, sweeteners or spices as desired. The puree should be thick in consistency.
3. Cover the **Dehydrator Racks** with plastic wrap.
4. Pour 1-1/2 to 2 cups of the puree onto the covered racks. Carefully place the racks in the dehydrator.
5. The edges will dry quicker than the center, pour the puree thinner at the center of the **Tray**.
6. The average drying time for the fruit roll-ups is 4 to 6 hours.
7. Once the fruit roll-ups are shiny and non-sticky to the touch, remove them from the dehydrator and allow them to cool.
8. Peel the fruit roll-up from the plastic wrap and roll into cylinders.

DRYING FLOWERS & CRAFTS

- The flowers should be dry to start with, best if picked after the dew has dried and before the night damp sets in. Dry the flowers as soon as possible after picking.
- The best condition for drying flowers is a dry , warm, dark, clean and well ventilated area, which makes a dehydrator an ideal setting. Flowers will retain the best color and condition when dried quickly.
- A low temperature should be used to retain the natural oils.
- Strip off the leaves or if you prefer to keep the foliage. Discard any brown or damaged leaves.
- Place on the **Dehydrator Tray** in a single layer, avoiding overlapping.
- Drying times will vary considerably depending on the size of the flower and the amount of foliage. Dry at 100°F (38°C).
- Dough art and beads can be dried in the dehydrator. Temperatures may vary.

CHOOSING FOODS

- Use the best quality foods. Fruit and vegetables in peak season have more nutrients and more flavor. Meats, fish and poultry should be lean and fresh .
- Do not use food with bruises or blemishes. Bad fruits and vegetables may spoil the entire batch.
- Always use lean meats. Remove as much fat as possible before dehydrating. **NOTE:** use paper towel under meat when dehydrating to absorb fat.

PRE-TREATMENT OF FOODS

As with most types of cooking, proper preparation is essential for successful results. Adhering to a few basic guidelines will greatly increase the quality of your dried foods and decrease the amount of time necessary to dry them.

Pre-treated foods often taste better and have a better appearance than non-treated foods. There are several methods to pre-treat food to prevent oxidation, which will darken apples, pears, peaches and bananas while drying:

- Remove any pits, skin or cores.
- Shred, slice or dice the food uniformly. Slices should be between 1/4" (0.6 cm) and 3/4"(1.9cm) thick. Meats should be cut no more than 3/16" (0.5 cm) thick.
- Steam or roast meat to 160°F(71°C) and poultry to 165°F(74°C) as measured with a food thermometer before dehydrating.
- The temperature of the Dehydrator must be maintained at 130°-140°F(55°-60°C) throughout the drying process.
- Drying fish into jerky requires a lot of attention. It must be cleaned and de-boned properly and rinsed thoroughly to ensure that all the blood is washed away. Steam or bake the fish at 200°F(93°C) until flaky before dehydrating.
- Soak cut fruit in either lemon or pineapple juice for a few minutes before placing out on the Dehydrating Racks.
- Use an ascorbic acid mix which can be purchased in most health food stores or pharmacies. It may come in either powder or tablet form. Dissolve approximately 2-3 tablespoons into 1 quart (1 liter) or water. Soak the fruit slices into the solution for 2-3 minutes, then place on the Dehydrating Racks.
- Fruits with a wax coating (figs, peaches, grapes, blueberries, prunes, etc.) should be dipped in boiling water to remove the wax. This allows moisture to escape easily when dehydrating.
- Blanching can pre-treat food for dehydrating. Blanching does not destroy helpful enzymes and helps retain nutrients. There are two ways to blanch food:

  1. **WATER BLANCHING**: Use a large pan; fill it half way with water. Bring water to a boil. Place food directly into boiling water and cover. Remove after three minutes. Arrange food on the **Dehydrating Racks**.

  2. **STEAM BLANCHING**: Using steamer pot bring 2-3" (5-7cm) of water to a boil in bottom section. Place food in steamer basket and steam for 3-5minutes. Remove steamed food and arrange on **Dehydrating Racks**.

TIPS

- Do not overlap foods.Lay foods flat on the **Dehydrating Racks**.
- Check dryness after 6 hours, then check every 2 hours until crisp, pliable or leathery depending on the product.
- Check foods to make sure they are completely dry before removing . Open or cut down the middle of a few samples to check internal dryness. If the foods is still moist, dehydrate longer.
- Label each container with the food name, date of drying and the original weight. Keep a journal to help improve drying techniques.
- Proper storage is essential to maintain quality food. Package the food when cool. Foods can be kept longer if stored in a cool, dark, dry place. The ideal storage temperature is 60°F(16°C) or lower.
- Place dried foods in plastic freezer bags before storing in metal or glass containers. Remove as much air as possible before sealing.
- Vacuum sealing is ideal for keeping dried foods.
- Remember, foods will shrink approximately 1/4 to 1/2 their original size and weight during the dehydration process, so pieces should not be cut too small. One pound of raw meat will yield approximately 1/3 lb.(0.2 kg) to 1/2lb. (0.2kg) of jerky.
- Use the **Drying Guide** on the **Control Panel** as a reference for proper temperature settings. If the heat is set too high, food may harden and dry on the outside… yet be moist on the inside . If the temperature is too low, the drying time will increase.

REHYDRATING

While it is not necessary to reconstitute your dried foods, you can do so with ease. Vegetables can be used as a side dish or in recipes very effectively after being reconstituted in the following way.

- Dehydrated food can be re-hydrated by soaking in cold water for 3-5 minutes. Use 1 cup of water for 1 cup of dehydrated food. Once re-hydrated, the food can be cooked normally. Soaking foods in warm water will speed up the process, however, it may result in loss of flavor.
- Dehydrated fruits and vegetables can be soaked in cold water for 2-6 hours in the refrigerator. **WARNING! Soaking at room temperature allows harmful bacteria to grow.**
- Do not add seasoning. Adding salt or sugar during re-hydration may change the flavor of the food.
- To make stewed fruits or vegetables, add 2 cups of water and simmer until tender.
- Consume dehydrated foods as soon as possible once the storage container is opened, keep any unused portions in the refrigerator to avoid contamination.

MAKING JERKY

Your meat should be as lean as possible. Using lean meat will help the meat dry faster and aid in cleanup by decreasing fat drippings. Ground meat should be 80% to 90% lean. Ground turkey, venison, buffalo and elk are other excellent choices for jerky.

Jerky seasonings are available for all tastes, or you can get creative and make your own. Whenever you make jerky, you should cure the mixture with cure (sodium nitrite). The cure is used to help prevent botulism during drying at low temperatures. Follow the manufacturer's directions on the cure packet.

Keep raw meats and their juices away from other foods. Marinate meats in the refrigerator. Do not leave meats un-refrigerated. Prevent cross-contamination by storing dried jerky away form raw meat. Always wash hands thoroughly with soap and water before and after working with meat products. Use clean equipment and utensils.

Keep meat and poultry refrigerated at 40°F(5°C) or slightly below; use or freeze ground beef and poultry within 2 days; whole red meats , within 3 to 5 days. Defrost frozen meat in the refrigerator, not on the kitchen counter.

Special considerations must be made when using venison or other wild game, since it can become heavily contaminated during field dressing. Venison is often held at temperatures that could potentially allow bacteria to grow, such as when it is being transported. Refer to the USDA meat and poultry department for further questions or information on meat and food safety.

When using a Dehydrator. Check the temperature of the dehydrator with a dial thermometer before drying jerky. The minimum recommended temperature or drying meats is 145°F(63°C). Temperatures below 145°F(63°C) are not recommended. IMPORTANT: Before you place the meat in a dehydrator, it is highly recommended to heat the meat to 160°F (71°C) BEFORE the dehydrating process. This step assures that any bacteria present will be destroyed by wet heat. After heating to 160°F (71°C), maintaining a constant dehydrator temperature of 130-140°F(55-60°C) during the drying process is important because:

1. the process must be fast enough to dry food before it spoils; and
2. it must remove enough water so that microorganisms are unable to grow.

If you are using a marinade, shake off excess liquid before placing the meat in evenly spaced single layers approximately 1/4" (0.64cm) apart on the Dehydrator racks.

Dry meat at 145-150°F(63-66°C) for 4-7 hours. You may need to blot fat droplets from the surface of the meat occasionally, using a paper towel. Drying times may vary based on many circumstances including but not limited to: the relative humidity of the room, the temperature of the meat at beginning of drying process, the amount of meat in the dehydrator, leanness of meat, etc. Always allow jerky to cool before taste testing.

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