

# Cuisinart®

使用說明書/食譜



食物風乾機

**DHR-20TW**

為了您的安全和產品之持續使用，使用前請詳細閱讀此說明書。

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## 重要防護措施

使用家電用品時，切記採取基本安全防護措施，包括以下幾項：

1. 閱讀所有的說明。
2. 未使用時或清洗前切記拔下插頭。在新增或移除零件之前先等它完全冷卻。
3. 切勿碰觸任何熱表面。使用把手或凸鈕。
4. 請避免在附近有兒童的地方使用此家電。如使用此家電時附近有兒童或某種障礙者，請採取必要的嚴密監督措施。
5. 為避免觸電，切勿將插頭、電線或底座組件浸泡在任何液體中。
6. 請勿使用電線或插頭已毀損或是故障或已遭任何方式破壞的家電。請將此家電聯絡購買處並與授權服務單位進行了解。
7. 使用非家電廠商所建議或銷售的配件附件可能會造成觸電、受傷或火災。
8. 切勿在戶外使用。
9. 切勿讓電線懸掛在桌邊或櫃台邊或碰觸到熱表面。

10. 請勿置於或靠近熱氣或電子爐上或是放進加熱的爐子裡。
11. 切勿使用本家電於非其設計用途。
12. 如要切斷電源，請先將控制鈕轉至「關」的位置，然後從牆上插座拔下插頭。
13. 請勿加液體到此家電中。
14. 切勿靠近易燃或有壓力的噴霧罐。請勿在廚櫃或是在壁廚裡操作您的家電。放在廚櫃裡時請隨時從插座拔掉此家電插頭。未遵循此指示可能會有失火風險，特別是如果家電碰觸到廚櫃牆壁或是關門時碰觸到此家電。

## 妥善保存這些說明

### 僅限家用

### 特殊電源線說明

本產品提供一條短電源線以降低因長線而糾纏或絆倒的風險。只要使用時小心謹慎，可使用較長的延長線。

如果使用長延長線，延長線的電功率額定值必須至少和本家電的電功率額定值相等，並且必須妥善處理好電線以免垂落櫃台或桌面，使兒童拉扯或使人絆倒。

### 介紹

蔬果風乾是最早的食品保存方法之一。自從此方法被發現及研究以後，李子和葡萄就被曬乾成李子和葡萄乾。這些曬乾的蔬果成為絕佳的零食或甜點，而且很容易讓不同肉類風乾變成肉乾。由於風乾限制了細菌的生長，因此風乾是一種保存食品的健康方式。您甚至可以使用您的食物風乾機來乾燥花朵並製成芳香乾燥花！在使用您的食物風乾機之前，請務必花時間詳閱本手冊中的「重要保護措施」和其他所有說明。

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## 操作說明

本家電僅限家用。首先請先將它放在平整的表面上，然後將插頭插進110V電壓的插座。請勿使用任何其他電壓的插座。此食物風乾機附有一條短電源線，可降低長線糾纏或絆倒的風險。可使用延長線但須注意安全。在使用較長的可拆卸電源線或延長線時，上面標記的延長線電功率額定值必須等於或大於此家電的電功率額定值，而且較長的電源線不能垂掛在櫃台或桌邊，使兒童容易拉扯或不小心絆倒。

## 使用前

1. 小心拆開食物風乾機包裝。
2. 用溫肥皂水清洗所有風乾機托盤和機蓋。用清水沖洗並擦乾。
3. 用乾淨、柔軟的布或海綿擦拭食物風乾機底座。且勿將底座、插頭或電源線浸泡在水中或任何液體中。

## 使用方法

1. 首先請確認機器是在「關」的位置，且在準備使用前先拔掉插頭。
2. 使用前請先清洗托盤和上蓋以免食品受到污染。
3. 將底座放在平坦的檯面上。
4. 視食物種類而定，按指示準備好要風乾的食物並切片或打成泥鋪放在水果卷薄墊上；且勿使食物重疊或托盤過載。
5. 將食物擺在托盤上，將托盤堆疊起來然後放到一邊。
6. 托盤小幅調整可放下各種不同大小的食物。
7. 將機器插頭插入插座上。設定控制旋鈕至想要的設定值。
8. 將堆疊的托盤放在底部然後蓋上蓋子。接著讓食物風乾一段建議的時間（視食物種類而定乾燥的時間）。

9. 上蓋通氣孔必須維持清空沒有障礙物。
10. 在食物風乾時監測狀況並檢查它是否已達到所想要的煮熟度。您可能有必要在風乾時旋轉架子，因為底架會比頂架更快風乾。等它冷卻後，請拿下各食物並存放在食品安全的容器內或塑膠袋內，較理想是採氣密式容器。把未完全風乾的食物留在機器上監測直到完成風乾為止，若還有濕度存在食物上將會影響食物的保存。
11. 把未來幾天還不會吃的食物放到冰箱裡。在將食物存放到冰箱裡時，請使用特別針對冷藏使用的容器或密封袋子。
12. 使用後請將機器開關轉到「關」的位置然後拔掉插頭。
13. 每次使用後請清洗風乾機托盤和蓋子。用柔軟微濕的布或海綿擦拭底座；且勿讓水或液體跑進底座。在將托盤和蓋子放回底座上之前請確認它們已經全乾。

## 注意：

- 請勿遮住外蓋通風口。
- 請勿遮住底部通風口。

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## 零件和功能

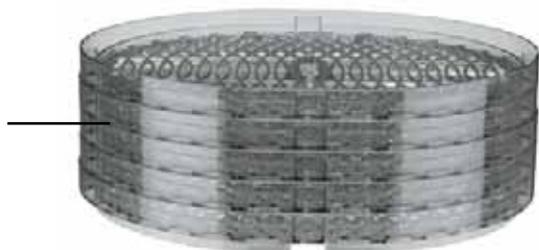
通風上蓋



水果捲薄墊



食物風乾盤



底座



OFF- 關閉

FAN ONLY- 僅風扇出風

LO- 低段溫度+風扇出風

MED- 中段溫度+風扇出風

HI- 高段溫度+風扇出風

## 如何使用水果捲薄墊

您的機器附有一個水果捲薄墊。

準備水果捲薄墊時

請輕輕用烹調用噴

水器噴灑一條紙巾

然後擦拭水果捲薄

墊。按照「優格

捲、香味蘋果綜合

果仁 (Trail Mix)

捲和草莓香蕉捲」

說明書的食譜說明

中可找到的預熱說

明。準備好您的水果捲薄墊後，請放在

機器的食物風乾盤上如圖一。



圖. 1

## 清洗和維護

食物風乾機架、上蓋和水果捲薄墊都可放心使用洗碗機清洗。

如欲清理機器底座，請拔掉插座上的插頭然後使用濕布擦拭乾淨。用乾淨的布擦乾。

**注意：**任何其他保養工作應由授權服務代表處來執行。

## 食物篩選

篩選狀況良好的食物來進行風乾。水果應剛好熟成，因為這時擁有最高的天然糖份並且可製作出最好的效果。蔬菜必須鮮脆。請避免使用未熟成的水果；因為它們會產生無法預期的結果，且往往味道較為苦澀。

過熟的水果和煮過的蔬菜也應避免。在風乾前請先把蔬果的受傷或損壞部分去掉。肉類、豬肉和魚應選擇新鮮乾淨的。準備、風乾時間和食物保存方法也將會影響其品質和味道。請遵循本手冊中的說明來進行準備、風乾和保存，以確保得到味道最佳、品質最高的風乾食品。

## 重要事項

如果您懷疑食物受到污染，請勿使用此風乾機。請將此食物丟棄。

## 蔬菜的準備和處理

蔬菜的酸和糖份含比水果低，因此需要較少的處理作業。有些蔬菜用冷藏的會比風乾效果好，因此請記得選擇適合的蔬菜。

## 準備

只有品質最佳的蔬菜才能選來做風乾處理。在風乾前請先仔細清洗，去除髒污和細菌。多數蔬菜都必須先去皮、處理、切細或切絲才能進行風乾。

## 預先處理

在風乾前建議先熱燙蔬菜。這樣可以破壞在保存時產生腐敗味及導致質地差和風乾效果差的酶。

蒸氣熱燙方式比用水川燙佳，因為可以保存更多風味和維他命。蔬菜也可以微波。

## 蒸氣熱燙

把蔬菜一層層鋪在蒸鍋或蒸籠鍋上方然後蒸到菜熟透為止，但是不要煮到可吃的程度（通常是2-3分鐘）。攪拌以便所有蔬菜平均蒸燙。快速把蒸燙的蔬菜直接挪放到風乾托盤上。

## 微波熱燙

微波爐很容易用來熱燙新鮮蔬菜。以蒸燙同樣的方式準備好蔬菜。把蔬菜放在有蓋砂鍋裡，放一點水在裡面（參考您的微波爐烹飪圖）。以圖上所示的時間的 $\frac{1}{4}$ 至 $\frac{1}{3}$ 的時間來烹煮。在熱燙一半時間後攪拌。蔬菜放在微波爐熱燙後的顏色會比用蒸氣熱燙的鮮豔。快速將熱燙過的菜直接挪放到風乾托盤上。

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## 蔬菜的準備工作

蘆筍	把莖折半來分開尖端。尖端是風乾的最佳部位，但是風乾的莖可以壓碎後作為調味料。
豆子 (綠色)	摘掉尖端後切成想要的方式。川燙後放入冰箱冷藏30-45分鐘。
甜菜	處理，留下約一吋的頂部和根部。熱燙後讓它冷卻，然後切掉頂部和根部。切片。
花椰菜	修剪後切碎。蒸約4-5分鐘。
蘿蔔	洗淨後去皮，切成 ½吋長條。蒸約4-5分鐘。
玉米	去外皮後洗淨、蒸燙整條玉米。等待冷卻後把玉米從芯剪下來。
芹菜	把葉子剝離莖幹，將葉子和梗分開放在托盤上。
韭菜	洗淨、乾燥、切末。
小黃瓜	洗淨、去皮、修剪和切片，約¼吋厚。
大蒜	分開大蒜瓣。大蒜瓣切半或切片。
香菇	去掉泥土和梗。整個讓香菇乾燥後切成半或切片。
洋蔥	修剪末端跟去皮。切成環狀或塊狀。
辣椒 (甘椒)	洗淨後去掉核。切成半、四份、環狀或條狀。
胡椒(墨西哥辣椒)	洗淨後讓它整個乾燥
馬鈴薯	洗淨、去皮然後切或削成喜歡的樣子；蒸燙。在冷水下沖洗然後拍乾再放到托盤上。  注意：如果您想留住皮就必須洗淨後擦洗馬鈴薯並用馬鈴薯削皮器或削皮刀去掉所有芽眼和疤痕
蕃茄	洗淨後去梗。將杓子或夾鉗浸在滾水中，然後放到冰水槽裡。這樣您會很容易去皮。切成半、四等份或厚片。

## 水果和堅果 - 準備及處理

### 水果

幾乎所有水果都可在家做風乾乾燥處理，但有些水果則需要更多風乾時間；此處提供的指南將協助您著手進行。建議您選擇當季水果。

### 準備

清洗和檢查水果並去掉受傷或過熟的部分。依您的需要去皮。將較大水果切成兩半。如果切塊後大小過於不均，請將它們切成 $\frac{3}{8}$ 至 $\frac{1}{2}$ 厚度以利於均勻風乾。較小顆的水果例如葡萄和櫻桃可以整個風乾。去掉例如李子、櫻桃、杏子等水果上的坑疤或石子。有上蠟的水果務必將它去皮。其他水果可選擇性去皮——例如，乾燥梨皮較粗糙，桃子皮則有點毛毛的。

大多數水果如鳳梨、葡萄、草莓和李子等都可準備好後直接放在風乾托盤上。但是有些水果暴露到空氣中後褐變（蘋果、杏子、桃子和梨子）。依據下文所述的指南，您可以預先處理這些水果以減緩褐變及預防維他命A和C的流失。要預處理時，切塊的水果必須保存在保存溶液（holding solution）中直到您已準備好足夠的水果進行風乾。

### 操作前準備

以下為幾種事先準備的選項。您不一定得預處理食物才能進行風乾；但是預處理可以使食物外觀更佳，增加保存期限，甚至增加營養價值。請同時以處理過和未處理的食物來做實驗，看看哪一種效果較佳。請記住，適當的保存是決定最終產品品質的關鍵，無論是對已處理或未處理的食物而言。

### 亞硫酸氫鈉

限使用食品安全（USP）等級。將一湯匙的亞硫酸氫鈉放入1000ml水中。將少量水果浸泡在此溶液中兩分鐘，這有助於防止維他命C流失及維持鮮豔的色澤。多數藥房/藥店都可買到亞硫酸氫鈉。

### 天然預浸泡液

由於維他命含量高，鳳梨和檸檬汁是其他降低褐變的預處理液的替代品。將水果切片直接製成果汁。等約兩分鐘後拿開並放在托盤上。水果也可用蜂蜜、萊姆或橘子汁醃漬，灑上明膠粉或椰子可以增添異國風味。請發揮您的想像力！

在替切半的水果風乾時，特別是杏子，建議翻轉背面（由內而外）可加速風乾。這點並沒錯，但也會造成天然汁液流失在風乾機底部。相反的，把每一半水果再切半可以得到更有營養價值的成品、更鮮豔的色澤和更快速的食物風乾能力。

蘋果	整個洗淨後去皮（如您需要）。切半去籽，然後切成小片。用檸檬汁預處理以防褐化。
杏子	洗淨後切開去掉果核。按所需切成四等份。
香蕉	去皮切片。用檸檬汁預處理以防褐化。
櫻桃	洗淨後去掉果核。
椰子	將椰奶擠出，剖開椰殼後去掉椰肉。乾燥後切成小塊。
無花果	洗淨後去掉梗並切半或切成四等份。放乾去皮。
葡萄	去梗後洗淨。
番木瓜	洗淨後去皮並切成塊狀。
桃子	洗淨後切半去核。如需要的話切成四等份。
梨子	洗淨後去皮，切半去核。切成塊狀或片狀。以檸檬汁預處理以防褐化。
鳳梨	去掉多刺的皮、核並切成塊狀或楔狀。
李子	洗淨後切半去核。如需要則切成四等份。
草莓	去掉果蒂，洗淨後切片或按所需的留整顆。

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## 堅果

要進行堅果時，請先去掉果殼並以溫水沖洗。拍乾後鋪放在托盤上。多數的堅果會需要20-30小時的風乾時間，而且必須允許風乾至產生脆度。

風乾後請放涼。幾天內不會食用的堅果都必須冷凍以維持新鮮度，避免油耗味產生。

## 草藥和鮮花

要進行藥草和鮮花風乾時請先沖洗後拍乾。去掉已枯死、糊狀或變色的部分，留下完整的梗。將藥草或鮮花鋪在托盤上風乾約2-7小時——視其種類和大小而定。完成乾燥處理後從托盤上拿下來放涼。將梗上面的葉子或芽去掉，並將它們拆散。如需要的話可壓碎。

要取得最佳效果請在初升的太陽蒸發掉晨露之後以及傍晚的暮靄降落在花瓣上之前摘下花朵。請注意花朵是否有噴灑殺蟲劑或其他有害的化學物質；請勿使用這些花。如果您同時進行鮮花和藥草風乾作業，請將花放在底盤，藥草放在頂盤上；這可以預防花的碎片落在藥草上。

## 貼心提示

- 使用前如果風乾機已存放一段長時間，請先將風乾機洗淨。
- 風乾最好用新鮮蔬果；罐裝食物的風乾效果差。
- 所有蔬果在準備和操作前準備之前都應清洗乾淨。
- 按照本手冊所列指示來準備和操作前準備蔬果可得最佳效果。
- 如需要時，讓風乾機維持待機狀態一段長時間並無危險性，但是請確認它是放在安全的地方。請詳閱本手冊第二頁的重要安全防護措施，並在使用風乾機時注意安全。
- 依據所使用的食物種類、大小和品質，放在托盤上的食物數量以及您個人的偏好，實際風乾時間可能會有很大的差異。請自行在風乾前後記下食

品的種類、重量、總風乾時間和最後的成果，這有助於您每次都達到理想的結果！

- 大多數食譜都可搭配風乾食物。透過說明書所提供的食譜，您將很快找到自己使用風乾食物的獨特方式。您也可以在地或線上書店找到這類書籍。
- 為得到最佳的成果，建議在整個風乾過程中將托盤旋轉。例如，將底部托盤移到頂部，這樣底架上的東西會比頂部的更快風乾。

## 食物保存

### 包裝

為妥善保存，風乾食品必須仔細包裝。用塑膠冷凍袋包裝風乾食品，將裡面的空氣儘量擠出來。（您也可以使用真空包裝袋。）將塑膠袋存放在氣密金屬、塑料或玻璃容器內。如果您是把食品存放在硬質容器內而沒有先將它們放在冷凍袋內，風乾食品就會暴露在空氣中，會造成不良影響。真空包裝可大幅延長您的多水食品的保存期限——在一些商店可找到居家用的真空包裝機設備。

### 保存條件

請將適當包裝後的風乾食品保存在涼爽、乾燥的地方。食品保存在越涼爽的地方，品質就能維持越久。溫度每下降7°C，使用期限就增加2-3倍，因此如果您有冰箱或冷凍庫，請將您的風乾食品保存在裡面。如果沒有，請在您屋子裡找最涼爽的地方存放風乾食品。光線也會造成品質和營養價值降解，因此請將風乾食品保存在不透明或深色容器內。

## 保存期限

由於水果本身糖份和酸類含量高，因此可得到極佳的風乾效果並比蔬菜保存較長時間。如適當包裝和儲藏在室溫或室溫以下環境（20°C或更低），多數水果都能維持高品質和營養成分長達一年。多數蔬菜在六個月內食用完為最佳。蔬果如保存超過建議期限可能味道和營養都不佳。

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## 牛肉乾

八份

- 1½ 磅牛後腹肉排
- ¼ 杯辣醬油
- 2 湯匙煙燻液
- ¼ 杯淡醬油
- 2 湯匙紅糖
- 2 瓣新鮮大蒜
- ¼ 茶匙現磨黑胡椒

將肉放在盤子上冷凍一小時。這可以使它易於切成薄片。將肉切成1/4吋寬的條狀，切時抵著紋理切。將其餘的成分結合起來。醃牛肉片放在冰箱裡最少30分鐘。將牛肉片放在架子上。不要過擠；留足夠的空間讓牛肉片不會互相碰觸。蓋上蓋子中速風乾8小時，或直到所需的熟度，在大約進行一半時將牛肉片翻面。視條紋的均勻性，在風乾過程中可能需要翻轉架子，因為底架比頂架較快風乾。將牛肉乾放在密封容器內置於冰箱或冷凍庫保存。

每份的營養資訊：

熱量165卡、碳水化合物 6克、蛋白質(蛋白質)18克、脂肪7克、飽和脂肪3克、膽固醇34毫克、鈉(鈉)423毫克、鈣39.9毫克、纖維質0克

## 金槍魚肉乾

六份

- 1 磅新鮮金槍魚排
- 1 湯匙新鮮薑末
- 2 茶匙磨碎新鮮大蒜
- ¼ 杯淡醬油
- ¼ 杯柳橙汁
- 2 茶匙米醋
- 1 茶匙紅糖

將金槍魚牛排平放在砧板上切半後放在平板上冷凍1小時。這會使它易於切成片

狀。將金槍魚直立放在平坦的切板上切邊。切成¼吋厚塊，然後再切成大約一寸寬的片狀。加薑、蒜、醬油、柳橙汁、米醋和紅糖。醃金槍魚放在冰箱裡至少30分鐘。將魚片放在架上。不要過擠；留下足夠的空間讓魚片不會互相接觸。蓋上蓋子中速風乾6小時，或是直到所需的熟度，在大約進行一半時翻面一次。

在風乾過程中可能需要翻轉架子，因為底架比頂架較快風乾。將魚乾放在密封容器內置於冰箱或冷凍庫保存。

#### 每份的營養資訊：

熱量124大卡 • 碳水化合物 3克 • 蛋白質18克 • 脂肪 4克 • 飽合脂肪 1克 • 膽固醇 28毫克 • 鈉 384毫克 • 鈣11.6毫克 • 纖維質 0克

## 香辣牛肉條

大約十五份，每人兩條

- 3 磅碎牛肉
- 1 茶匙辣椒粉
- 1½ 茶匙卡宴辣椒
- 1½ 茶匙碎紅辣椒
- 1 茶匙大蒜粉
- 4 茶匙辣醬油
- 2 茶匙醃製用鹽

將所有材料放進大碗中混勻。將小塊肉塊弄成球狀然後用½吋的棒子捲成5吋的肉條。將肉條放在烤盤上。冷藏過夜後打開蓋子。將肉條放在風乾托盤上。不要過擠；留下足夠空間不要彼此碰觸到，蓋上蓋子後中速風乾6小時，或是直到所需的熟度。在風乾期間可能必須翻轉因為底架比頂架較快脫乾。將牛肉條放在密封容器內置於冰箱或冷凍庫保存。

#### 每份的營養資訊：

熱量201大卡 • 碳水化合物2克 • 蛋白質17克 • 脂肪14克 • 飽合脂肪5克 • 膽固醇 61毫克 • 鈉 182毫克 • 鈣 20毫克 • 纖維質 0克

## 紅燒雞肉乾

八份

- 2½ 磅去骨去皮雞胸肉
- ½ 杯紅燒醬油，你喜歡的品牌
- ¾ 一杯鳳梨汁
- 1½ 茶匙煙燻液
- ¾ 茶匙碎紅辣椒

去掉雞胸肉的所有油脂。將去掉油脂的雞胸肉放在烤盤上冷凍一小時。這可使雞肉易於切成條狀。將雞肉切成¼吋的條狀。和紅燒醬油、鳳梨汁、煙燻液和碎紅辣椒混在一起。醃雞肉放在冰箱中最少一小時。將肉條片放在架子上。不要過擠；留下足夠空間使它們不會互相碰觸。蓋上蓋子中速風乾六小時，或直到所需的熟度，在大約進行一半時翻面。風乾期間可能會有必要旋轉架子，因為底架比頂架更快風乾。將雞肉乾放在密封容器內置於冰箱或冷凍庫保存。

#### 每份的營養資訊：

熱量179大卡 • 碳水化合物 5克 • 蛋白質 33克 • 脂肪 2克 • 飽合脂肪 0克 • 膽固醇 81毫克 • 鈉 340毫克 • 鈣 22毫克 • 纖維質 0克

## 曬乾蕃茄羅勒醬

十份，每份¼杯

- 10 羅馬蕃茄，大小相似
- 8 盎司 ½-低脂肪油起司
- ½ 杯淡蛋黃醬
- ¾ 杯淡酸奶
- 1 新鮮蒜瓣，壓碎
- ¼ 杯新鮮磨碎的帕馬森起司
- 2 茶匙切碎的羅勒
- 2 香蔥，淡綠到深綠色，切碎，加鹽和胡椒調味

將蕃茄切成四等分放在架子上，切面朝

上。蓋上蓋子然後風乾15小時或直到乾燥或變成乾狀。在風乾期間可能必須旋轉架子。將蕃茄切成小塊。將蕃茄和奶油起司和蛋黃醬放在食品處理器裡直到蕃茄和醬料均勻入味。將牛肉條放在密封容器內置於冰箱或冷凍庫保存。將番茄和醬料等放到大碗裡。拌入酸奶、大蒜、帕瑪森、羅勒、蔥、鹽和胡椒。用來配您喜歡的麵包或餅乾食用。

#### 每份的營養資料：

熱量124大卡・碳水化合物 6克・蛋白質 4克・脂肪 10克・飽合脂肪 4克・膽固醇 18毫克・鈉 320毫克・鈣 83毫克・纖維質 1克

## 優格捲

做兩份優格捲

- 1 一杯8-盎司的香草優格，選您喜歡的牌子。
- 2 茶匙果醬，選您喜歡的牌子。

將優格和果醬混在一起。用橡皮刮刀將優格抹在平整的薄水果捲薄墊上。將水果捲薄墊放在托盤上。

蓋上蓋子後高速風乾五小時或直到優格不再整個糊糊的。將優格捲從薄墊上拿下來切半。優格捲可用塑膠袋包捲起來後放在室溫環境中以備稍後使用。或是進冷凍庫保存。

\*水果優格可以可以取代香草，但是水果塊不容易散佈均勻。

#### 每半捲的營養資訊：

熱量 152大卡・碳水化合物 29克・蛋白質 6克・脂肪 1克・飽合脂肪 1克・膽固醇 6毫克・鈉 81毫克・鈣 198毫克・纖維質 0克

## 香味蘋果

綜合果仁 (Trail Mix) 捲  
做一份水果捲

### 23 杯不加糖蘋果醬

一撮肉桂粉

一撮肉荳蔻

½ 茶匙蜂蜜

¼ 茶匙新鮮檸檬汁

1 茶匙蔓越莓乾，切細

1 茶匙核桃，切細

用一個中碗將蘋果醬、肉桂、肉荳蔻、蜂蜜和檸檬汁混在一起。用橡皮刮刀將蘋果醬抹在薄平的水果捲薄墊上。均勻灑上蔓越莓乾和核桃。輕輕將蔓越莓乾和核桃壓進蘋果醬裡。蓋上蓋子中速風乾4小時或直到蘋果醬不再整個濕濕的為止。剝下水果捲切成半。水果捲可用塑膠袋包捲後在室溫中保存以備稍後使用。

#### 每半張水果捲的營養資訊：

熱量 94 大卡・碳水化合物 15克・蛋白質 0克・脂肪 3克・飽合脂肪 0克・膽固醇 0毫克・鈉 2 毫克・鈣 8毫克・纖維質 1克

## 熱帶燕麥

(Tropical Granola)

七份，每份½ 杯

3 杯舊式燕麥

¾ 杯椰子，切碎，乾燥

½ 杯小麥胚芽

½ 杯紅糖

½ 杯蔓越莓乾

½ 杯鳳梨乾，小塊

½ 杯香蕉片，小片

1 杯山核桃，切碎

1 茶匙橙皮

1 茶匙香草萃取物

- ¼ 杯牛油，溶化
- 2 茶匙龍舌蘭花蜜或蜂蜜
- ⅓ 杯楓糖漿
- ¼ 茶匙鹽

用一個大碗將乾材料和香草混在一起。用小碗將牛油、龍舌蘭蜜或蜂蜜、楓糖漿、鹽混在一起。將牛油/楓糖漿混合物和燕麥混合物混在一起。攪拌均勻。將麥片混合物分到三個風乾托盤上，用羊皮紙鋪在托盤上。把混合物放在您手上分成團狀。蓋上蓋子後高速風乾3小時或直到燕麥不再濕濕的。進行風乾半途時把燕麥團旋轉。在風乾中可能需要旋轉架子，因為底盤比頂盤較快風乾。將燕麥捲放在氣密容器內在室溫中保存。

**每份的營養資訊：**

熱量 318大卡 · 碳水化合物 44克 · 蛋白質 8克 · 脂肪 13克 · 飽合脂肪 5克 · 膽固醇 9毫克 · 鈉 59毫克 · 鈣 45.8毫克 · 纖維質 6克

## 草莓香蕉捲

做兩份水果捲

- ¾ 杯新鮮草莓，去殼，切碎
- ½ 新鮮香蕉，切片
- ½ 茶匙蜂蜜
- ½ 茶匙新鮮檸檬汁烹飪用噴霧

除噴霧以外，將所有材料放進攪拌器裡打成均勻的糊狀。用烹飪用噴霧輕輕噴灑一條紙巾然後擦拭水果捲皮。把草莓混合物均勻鋪在水果捲皮上。蓋上蓋子高速風乾4小時，或直到糊料不濕為止。剝下水果捲後切半。水果捲可以用塑膠袋包捲起來放在室溫中以備稍後使用。

**每半捲水果捲的營養資訊：**

熱量 63大卡 · 碳水化合物 16克 · 蛋白質 1克 · 脂肪 0克 · 飽合脂肪 0克 · 膽固醇 0毫克 · 鈉 1毫克 · 鈣 12毫克 · 纖維質 2克

## 鹽醋洋芋片

- 4 份
- 3 中型黃褐色馬鈴薯，按所需削皮
- 1 杯蘋果醋
- 2 茶匙橄欖油，粗鹽調味

將馬鈴薯切成大約1/8吋厚的薄片，切成圓片。將馬鈴薯片浸泡在醋裡8-12小時。

需要這個步驟是因為這樣馬鈴薯吃起來才不會有白堊味。瀝乾薯片，放到一個碗裡灑上橄欖油。將薯片放在鋪上羊皮紙的架子上。灑鹽。蓋上蓋子後以高速風乾8-12小時或直到達到所需的脆度。在風乾過程中可能需要旋轉架子，因為底架風乾比頂架快。放到氣密容器內在室溫中保存。

**每份的營養資訊：**

熱量 198大卡 · 碳水化合物 29克 · 蛋白質 3克 · 脂肪 7克 · 飽合脂肪 1克 · 膽固醇 0毫克 · 鈉 302毫克 · 鈣 25毫克 · 纖維質 2克

## 二年保固期

本保證書僅適用於消費者。如果您在零售商店購買Cuisinart®食物風乾機，並供個人、家人或家庭使用，您就是一個消費者。除非適用法律另有要求，本保證書不適用於零售商或其他商業購買者或持有人。

我們保證，您的Cuisinart®食物風乾機自初始購買日起2年，應在正常居家使用情況下使用。

我們建議您拜訪我們的網站www.cuisinart.com.tw。然而，消費者仍需保留原始購買證明才能獲得保證書提供的福利。如果您沒有購買日期的證明，用於保證書的購買日期將以生產日期為準。如果您的Cuisinart®食物風乾機在保證書期內被證明存在缺陷，我們將會修復或者在必要時更換。如欲獲得保證書服務，只需撥打我們的服務電話(02)8751-3633向我們的客戶服務代表索取更多資訊，或者將缺陷產品退回客戶服務中心，地址為香港商美康雅香港有限公司台灣分公司114台北市內湖區堤頂大道二段417號1樓。

**重要提示：**如果不合格產品由Cuisinart授權服務中心以外的其他人維修，將不被允許，請提醒維護人員致電我們的消費者服務中心 (02)8751-3633，以確保正確診斷問題。

姓名	電話：		
地址			
商品	購買（交易）日期： 年 月 日		
機型	公司 經銷商 確認章		
機號			
為確保您的權益，請檢查各項資料是否正確，並檢查是否蓋上經銷商確認章，無蓋章者無效。			
• 非台灣型號者，恕難提供售後服務。			
• 日期未填寫者，本保證書無效。			

香港商美康雅香港有限公司台灣分公司  
114台北市內湖區堤頂大道二段417號1樓

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# Cuisinart®

INSTRUCTION AND  
RECIPE BOOKLET



**Dehydrator**

**DHR-20TW**

For your safety and continued enjoyment of this product, always read the Instruction Book carefully before using.

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# IMPORTANT SAFEGUARDS

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

1. **READ ALL INSTRUCTIONS.**
2. Always unplug appliance from outlet when not in use or before cleaning. Allow plenty of time to cool before adding or removing parts.
3. Never touch hot surfaces. Use handles or knobs.
4. Avoid using the appliance in the presence of children. Close supervision is necessary when appliance is used by or near children or individual with certain disabilities.
5. To avoid electrical shock, never immerse plugs, cord, or the base assembly in any liquids.
6. Never operate any appliance with a damaged cord or plug, or one that has malfunctioned or been damaged in any way. Immediately return the appliance to the nearest authorized service facility for analysis.
7. Using accessory attachments not

recommended or sold by the appliance manufacturer may cause electric shock, injury, or fire.

8. Never use outdoors.
9. Never let the cord hang over the edge of a table or counter or touch hot surfaces.
10. Never place on or near a hot gas or electric burner or in a heated oven.
11. Never use this appliance for any other use than that for which it is intended.
12. To disconnect, first turn control knob to OFF, then unplug from electrical wall outlet.
13. Never pour liquids into the appliance.
14. Never operate near combustible or pressurized spray cans.
15. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

# SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

## SPECIAL CORD INSTRUCTIONS

A short power-supply cord is provided to reduce the risks resulting from becoming entangled in or tripping over a longer cord. Longer extension cords are available and may be used if care is exercised in their use.

If a long extension cord is used, the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and the longer cord should be arranged so that it will not drape over the counter top or tabletop, where it can be pulled on by children or tripped over.

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## INTRODUCTION

The dehydration of fruits and vegetables is one of the earliest methods of food preservation. Since their discovery and cultivation, plums and grapes have been sun-dried into prunes and raisins.

These dried fruits and vegetables make great snacks or desserts, and it's easy to dehydrate different meats to make jerky. Dehydration is a healthy way of preserving food because bacteria growth is inhibited by the removal of moisture. You can even use your food dehydrator to dry flowers and make potpourri! Before using your food dehydrator, be sure to take time to read the "Important Safeguards" and all other instructions in this manual.

## OPERATING INSTRUCTIONS

This appliance is meant for household use only. First, place it on a level surface, and then insert the plug into a 110V rated electrical outlet. Do not use any other rated type outlet.

The food dehydrator is equipped with a short power-supply cord, reducing the risk of tangling or tripping over a longer cord. Extension cords can be used with the proper attention paid to safety concerns. When using a longer, detachable power-supply cord or extension cord, the marked electrical rating of the extension cord should be the same or greater as the electrical rating of the appliance, and the longer cord should not drape over the counter top or table where children could pull it or it could be tripped over unintentionally.

## BEFORE USING

1. Unpack the food dehydrator with care.
2. Wash all of the dehydrator trays and lid in warm, soapy water. Rinse well and dry completely.
3. Wipe the dehydrator base with a clean and dry, soft cloth or sponge. Never immerse base, plug or cord in water or any other liquids.

## USAGE

1. First, ensure the unit is turned to the OFF position and unplugged before preparing to use.
2. Wash the trays and lid before each use to prevent food contamination.

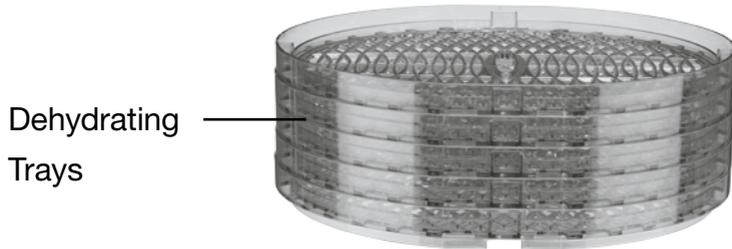
3. Place the base on a flat, smooth counter top surface.
4. Prepare food to be dehydrated as instructed, depending on the type of food; never overlap food or overload trays.
5. Arrange food on trays, stack up the trays, and set them aside.
6. Trays can accommodate a variety of food sizes with small adjustments.
7. Plug unit into electrical wall outlet. Set control knob to desired setting.
8. Place stacked trays on base and cover the top tray with the lid. Then allow the food to dry for the recommended length of time (drying time depends on the food type).
9. Top lid vent holes must be kept clear of any objects.
10. Monitor the food while it is dehydrating and check it for desired doneness. It may be necessary to rotate the racks during drying as bottom racks will dehydrate faster than top racks. Once cooled, remove individual pieces and store in food-safe containers or plastic bags, preferably airtight. Leave the pieces that are not yet done in the dehydrator and monitor them until done.
11. Store the pieces that are not going to be eaten in the next few days in the freezer. When storing food in the freezer, use containers or bags designed specifically for freezer storage.
12. Switch the unit to OFF and unplug after using.
13. Wash the dehydrator trays and lid after each use. Wipe the base with a soft, slightly damp cloth or sponge; never let water or any other liquid get into the base. Be sure the trays and lid are completely dry before storing them back on the base.

## CAUTION:

- Do not block cover vents.
- Do not block bottom vents.

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# PARTS AND FEATURES



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## HOW TO USE THE FRUIT ROLL-UP SHEET

Your unit comes with one fruit roll-up sheet.

To prepare fruit roll-up sheet, lightly spray a paper towel with cooking spray and rub over the fruit roll-up sheet. Follow preheating preparation instructions which can be found in the



Fig. 1

recipe section of the instruction book for Yogurt Roll-Ups, Spiced Apple Trail Mix Leather and Strawberry Banana Leather. Once your fruit roll-up sheet is ready, place on top rack of unit as shown in Fig. 1.

## CLEANING AND MAINTENANCE

Dehydrator racks, top cover and fruit roll-up sheet are all dishwasher safe.

To clean unit base, unplug from outlet and wipe clean using a damp cloth. Wipe dry with a clean cloth.

NOTE: Any other servicing should be performed by an authorized service representative.

## FOOD SELECTION

Select foods for dehydration that are in good condition. Fruits should have just become ripe since they contain the highest amount of natural sugar and provide the best results. Vegetables should be fresh and crisp. Avoid fruits that are not ripe; they yield unpredictable results and often have a flat, bitter taste. Overripe fruits and vegetables with spoiled portions should also be avoided. Cut off any bruised or marred portions of the fruits and vegetables before dehydration. Meat, poultry and fish should be fresh and lean. Preparation, dehydration time and foodstorage method will also influence their quality and taste. Follow preparation, dehydration and storage instructions in this manual to ensure the best-tasting, highest quality dried foods.

### IMPORTANT

If you suspect food contamination, do not attempt to use the dehydrator. Discard the food.

## VEGETABLE PREPARATION AND TREATMENT

Vegetables are low in acid and have less sugar than fruits, so they require a little more effort. Some vegetables are better frozen than dried, so remember to be selective in the vegetables you choose.

### PREPARATION

Only the highest quality vegetables should be selected for drying. Wash them carefully just before dehydrating to remove dirt and bacteria. Most vegetables should be peeled, trimmed, cut or shredded prior to drying.

### PRETREATMENT

Blanching vegetables prior to drying is recommended. This destroys the enzymes that can produce "off" flavors when stored and lead to poor texture and poor rehydration. Steam blanching is a better method than water blanching because more flavor and vitamins are retained. Vegetables can also be microwaved.

### STEAM BLANCHING

Layer prepared vegetables in the top portion of a steamer or a steamer insert and steam until the vegetables are heated through, but are not cooked enough to eat (usually 2 to 3 minutes). Stir to ensure all vegetables are evenly blanched. Quickly transfer steamed vegetables directly to drying trays.

### MICROWAVE BLANCHING

Microwave ovens can easily be used to blanch fresh vegetables. Prepare vegetables the same way as for steam blanching. Place vegetables in a covered casserole dish with a small amount of water (refer to your microwave oven cooking chart). Cook for  $\frac{1}{4}$  to  $\frac{1}{2}$  the time listed in the chart, stirring after half of the blanching time. Vegetables blanched in a microwave will be more brightly colored than those that are steam blanched. Quickly transfer blanched vegetables directly to drying tray.

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## VEGETABLE PREP

Asparagus	Divide tips from stems by snapping in half. Tips are best for drying, but dried stems can be crushed and used for seasoning.
Beans (green)	Snip off ends and cut as desired. Blanch, then place in the freezer for 30 to 45 minutes.
Beets	Trim, leaving about an inch of the top and root. Blanch, allow to cool, then cut off the top and root. Slice.
Broccoli	Trim and cut into pieces. Steam for about 4 to 5 minutes.
Carrots	Wash, peel, and cut into ½-inch long pieces. Steam for about 4 to 5 minutes.
Corn	Remove husk, wash and steam blanch the whole piece of corn. Allow to cool, then shear the corn from the cob.
Celery	Break leaves off their stems. Place leaves separate from stalks in tray(s).
Chives	Wash, dry, and mince.
Cucumber	Wash, peel, trim and slice about ¼-inch thick.
Garlic	Separate and peel cloves. Cut cloves into halves or slices.
Mushrooms	Remove any soil and remove stem. Dry the mushroom whole, cut in half or sliced.
Onions	Trim off the ends and peel. Cut into rings or dice.
Peppers (pimientos)	Wash and remove core. Cut into halves, quarters, rings or strips.
Peppers (jalapeños)	Wash and dry whole.
Potatoes	Wash, peel, and cut or slice as desired; steam blanch. Rinse under cold water and pat dry before placing on tray(s).  Note: If you wish to leave the skin on, you must wash and scrub the potato and remove all the eyes and scars with the tip of a potato peeler or paring knife.
Tomatoes	Wash and remove stems. Using a ladle or tongs, dip into boiling water and then into an ice water bath. You will be able to remove the skin easily. Cut into halves, quarters or thick slices.

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# Fruit and Nuts Preparation and Treatment

## FRUIT

Nearly all fruits can be dried at home, but some will require more drying time than others; the guidelines offered here will help get you started. It is recommended that you select the fruits that are in season and experiment with those first.

### Preparation

Wash and inspect fruits and remove any bruised or overripe parts. Peel if desired. Cut larger fruits in half. If the pieces vary too much in size, slice them to  $\frac{3}{8}$ " to  $\frac{1}{2}$ " thick for even drying. Smaller fruits such as grapes and cherries may be dried whole. Remove pits or stones from fruits such as plums, cherries, apricots, etc. Always peel fruits that have been artificially waxed. Peeling is optional with other fruits – for instance, dried pear skins tend to be grainy, and peach skin peels are a little fuzzy.

Most fruits, like pineapples, grapes, strawberries, and plums, can be placed directly on the drying trays as they are prepared. However, some fruits will turn brown when exposed to air (apples, apricots, peaches, and pears). Following the guidelines set below, you can pretreat these fruits to slow this browning and to prevent loss of vitamins A and C. To pretreat them, the cut pieces should be kept in a holding solution until you have sufficient fruit to dry.

### Pretreatment

Below are several optional methods of pretreatment. You don't always need to pretreat food in order to dry it; however, pretreatment can make food look better, increase the shelf life and even enhance the nutritional value. Experiment with both treated and untreated food to see which will work best. Remember, proper storage is critical to the quality of the final product, whether treated or untreated.

### Sodium Bisulfite

Use food-safe (USP) grade only. Dissolve 1 teaspoon of sodium bisulfite in 1 quart of water. Dip small amounts of fruit in the solution for 2

minutes. This helps prevent loss of vitamin C and maintains a bright color. Sodium bisulfite is available in most pharmacies/drugstores.

### Natural Pre-Dips

With their high vitamin C content, pineapple and lemon juice are natural alternatives to other pretreatments to reduce browning. Slice fruit directly into juice. Remove after about 2 minutes and place on trays. Fruits may also be dipped in honey, lime or orange juice, gelatin powders or sprinkled with coconut to give them an exotic flavor. Use your imagination!

When drying fruit halves, especially apricots, it has been suggested that popping the back ("inside out") will speed 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.

Apples	Wash thoroughly and peel if you wish. Cut in half and core, then slice into smaller pieces. Pretreat with lemon juice to prevent browning.
Apricots	Wash, cut open and remove pit. If desired, cut into quarters.
Bananas	Peel and slice. Pretreat with lemon juice to prevent browning.
Cherries	Wash and remove pits.
Coconut	Drain the milk, open shell and remove coconut meat. Dry and cut into small chunks.
Figs	Wash, remove stems and cut into halves or quarters. Place dry skin side up.
Grapes	Remove stems and wash.
Papaya	Wash, peel and cut into chunks.
Peaches	Wash, slice in half and remove pit. If desired, cut into quarters.
Pears	Wash, peel, slice in half to remove core. Cut into chunks or slices. Pretreat with lemon juice to prevent browning.
Pineapple	Remove spiny skin, core and cut into chunks or wedges.
Plums	Wash, cut in half and remove pit. If desired, cut into quarters.
Strawberries	Hull, wash and slice or leave whole, as desired.

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## NUTS

To dry nuts, first shell and rinse them with warm water. Pat dry and spread out on trays. Most nuts will take approximately 20 to 30 hours to dehydrate and they should be allowed to dehydrate until brittle.

Allow them to cool after dehydrating. Any nuts that will not be consumed within a few days should be frozen to ensure freshness. Allow them to defrost before eating.

## HERBS AND FLOWERS

To dry herbs and flowers, first rinse and pat dry. Remove any dead, mushy or discolored portions, leaving the stem intact. Spread herbs or flowers on tray and allow to dehydrate for about 2 to 7 hours, depending on their type and size. Remove from tray and allow to cool when drying is complete. Remove the leaves or buds from stem and break them apart. Crush if desired.

For best results, pick flowers after the rising sun evaporates the morning dew and before the cool evening mist settles on the petals. Be aware of flowers that have been sprayed with insecticides or other harmful chemicals; do not use these. If you are dehydrating flowers at the same time as herbs, place flowers on the bottom trays and herbs on the top trays; this prevents any debris from the flowers falling on the herbs.

## USEFUL TIPS

- Wash and clean the dehydrator before using if it has been stored for a long time.
- Fresh vegetables and fruits are best for dehydrating; canned goods do not dehydrate well.
- All vegetables and fruits should be cleaned before preparation and pretreatment.
- Prepare and pretreat fruits and vegetables as outlined in this manual for best results.
- It is usually not dangerous to leave the dehydrator on for a long period of time when required, but make sure that it is in a safe location. Read the Important Safeguards section on page 2 of this manual, and exercise caution when using the dehydrator.

- Exact dehydrating time can vary greatly, depending on the type of food used, its size and quality, the quantity placed on trays and your personal preferences. Keeping your own notes on the type of food, weight before and after drying, total drying time, and final results will enable you to achieve the desired outcome, every time!
- Most recipes will work well with dried foods. By experimenting with the recipes offered in this manual, you'll soon discover your own unique ways of using dried foods. You'll also be able to find books on the topic in bookstores, both locally and online.
- For best results, it is recommended to rotate the trays midway through the dehydration process. For example, move the bottom tray to the top, as items in the bottom rack will dehydrate faster than those on top.

## FOOD STORAGE

### Packaging

In order to keep well, dried foods must be carefully packaged. Pack dried foods in plastic freezer bags, squeezing out as much air as possible. (You can also use heat-sealable bags.) Store plastic bags inside airtight metal, plastic or glass containers. When you store foods in rigid containers without putting them into freezer bags first, you expose the dried foods to air, which will negatively impact them. Vacuum packaging will greatly extend the shelf life of your dried foods – vacuum packaging equipment for home use can be found in some stores.

### Storage Conditions

Store appropriately packaged dried foods in a cool, dark place. The colder the food is kept, the longer the quality will be maintained. For every 18°F drop in temperature, the shelf life increases 2 to 3 times, so if you have room in a refrigerator or freezer, keep your dried foods there. If not, find the coolest place in your home to store dried foods. Light also causes the quality and nutritive value to deteriorate, so keep dried foods in opaque or dark-colored containers.

---

## Shelf Life

Because fruits have a naturally high sugar and acid content, they 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. **FRUITS AND VEGETABLES KEPT BEYOND THE RECOMMENDED TIME MAY NOT BE AS NUTRITIOUS OR TASTE AS GOOD, BUT WILL NOT SPOIL UNLESS THE PACKAGING IS NO LONGER INTACT.**

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## Beef Jerky

8 servings

- 1½ pounds flank steak**
- ⅓ cup Worcestershire sauce**
- 2 tablespoons Liquid Smoke**
- ¼ cup light soy sauce**
- 2 tablespoons light brown sugar**
- 2 cloves fresh garlic**
- ¼ teaspoon fresh ground black pepper**

Place meat on a plate and freeze for 1 hour. This will make it easier to slice the meat into thin strips. Slice meat into ¼-inch-wide strips, cutting against the grain. Combine remaining ingredients. Marinate beef strips for a minimum of 30 minutes in the refrigerator. Place strips on the racks. Do not overcrowd; leave enough space so that pieces are not touching. Cover and dehydrate on medium for 8 hours, or until desired doneness, flipping strips once about halfway through. Depending on the uniformity of the strips, the racks may require rotating throughout the dehydrating process, as bottom racks will dehydrate faster than top racks. Store beef jerky in an airtight container in the refrigerator or freezer.

*Nutritional information per serving:*  
Calories 165 • carb. 6g • pro. 18g • fat 7g • sat. fat 3g  
• chol. 34mg • sod. 423mg • calc. 39.9mg • fiber 0g

## Tuna Jerky

6 servings

- 1 pound fresh tuna steak**
- 1 tablespoon fresh, grated ginger**
- 2 teaspoons crushed fresh garlic**
- ¼ cup light soy sauce**
- ¼ cup orange juice**
- 2 tablespoons rice wine vinegar**
- 1 teaspoon light brown sugar**

Place the tuna steak flat on a cutting board and cut in half. Place the tuna on a plate and freeze for 1 hour. This will make it easier to cut the tuna into thin strips. Stand tuna up with flat, cut edge on the board. Slice into ¼-inch pieces, then cut into about 1-inch-wide strips. Combine ginger,

garlic, soy sauce, orange juice, rice wine vinegar and brown sugar. Marinate tuna for a minimum of 30 minutes in the refrigerator. Place strips on racks. Do not overcrowd; leave enough space so that pieces are not touching. Cover and dehydrate on medium for 6 hours, or until desired doneness, flipping strips once about halfway through. It may be necessary to rotate the racks during drying, as bottom racks will dehydrate faster than top racks. Store tuna jerky in an airtight container in the refrigerator or freezer.

*Nutritional information per serving:*

*Calories 124 • carb. 3g • pro. 18g • fat 4g • sat. fat 1g  
• chol. 28mg • sod. 384mg • calc. 11.6mg • fiber 0g*

## Spicy Beef Sticks

About 15 servings, 2 sticks each

- 3 pounds ground beef**
- 1 tablespoon paprika**
- 1½ teaspoons cayenne pepper**
- 1½ teaspoons crushed red pepper**
- 1 tablespoon garlic powder**
- 4 tablespoons Worcestershire sauce**
- 2 teaspoons curing salt**

In a large bowl, combine all ingredients until just incorporated. To make the sticks, form a small piece of the meat mixture into a ball and then roll into 5-inch by ½-inch sticks. Place the sticks on a sheet pan. Refrigerate overnight, uncovered. Place the sticks on the dehydrating racks. Do not overcrowd; leave enough space so that pieces are not touching. Cover and dehydrate on medium for 6 hours or until desired doneness. It may be necessary to rotate the racks during drying, as bottom racks will dehydrate faster than top racks. Store beef sticks in an airtight container in the refrigerator or freezer.

*Nutritional information per serving:*

*Calories 201 • carb. 2g • pro. 17g • fat 14g • sat. fat 5g  
• chol. 61mg • sod. 182mg • calc. 20mg • fiber 0g*

## Teriyaki Chicken Jerky

8 servings

- 2½ pounds boneless, skinless chicken breasts**
- ½ cup teriyaki sauce, your favorite brand**
- ¾ cup pineapple juice**
- 1½ tablespoons Liquid Smoke**
- ¾ teaspoon crushed red pepper**

Trim the chicken breast of any fat. Place trimmed breasts on a sheet pan and freeze for 1 hour. This will make it easier to slice the chicken into thin strips. Slice the chicken into ¼-inch strips. Combine teriyaki sauce, pineapple juice, Liquid Smoke, and crushed red pepper. Marinate chicken strips for a minimum of 1 hour in the refrigerator. Place strips on racks. Do not overcrowd; leave enough space so that pieces are not touching. Cover and dehydrate on medium for 6 hours, or until desired doneness, flipping strips once about halfway through. It may be necessary to rotate the racks during drying, as bottom racks will dehydrate faster than top racks. Store chicken jerky in an airtight container in the refrigerator or freezer.

*Nutritional information per serving:*

*Calories 179 • carb. 5g • pro. 33g • fat 2g • sat. fat 0g  
• chol. 81mg • sod. 340mg • calc. 22mg • fiber 0g*

## “Sun”-Dried Tomato Basil Spread

10 servings, ¼ cup each

- 10 Roma tomatoes, all close in size**
- 8 ounces ⅓-less-fat cream cheese**
- ½ cup light mayonnaise**
- ¾ cup light sour cream**
- 1 fresh garlic clove, crushed**
- ¼ cup fresh grated Parmesan cheese**
- 2 tablespoons chopped fresh basil**
- 2 scallions, light to dark green, chopped**
- 2 Salt and pepper, to taste**

Quarter the tomatoes and place on racks, cut side up. Cover and dehydrate on medium for 15 hours or until dry and leathery. It may be

necessary to rotate the racks during drying. Chop the dehydrated tomatoes into smaller pieces. Combine tomatoes, cream cheese, and mayonnaise in a food processor until the tomatoes are incorporated and it becomes a consistent mixture. Move the tomato mixture to a large bowl. Stir in sour cream, garlic, Parmesan, basil, scallions, and salt and pepper. Serve with your favorite bread or crackers.

*Nutritional information per serving:*

Calories 124 • carb. 6g • pro. 4g • fat 10g • sat. fat 4g  
• chol. 18mg • sod. 320mg • calc. 83mg • fiber 1g

## Yogurt Roll-Ups

Makes 2 roll-ups

- 1 8-ounce cup vanilla yogurt, your favorite brand**
- 2 tablespoons jam, your favorite flavor**

Combine yogurt and jam. Using a rubber spatula, spread the yogurt in an even, thin layer on the fruit roll-up sheet. Place the sheet on a rack. Cover and dehydrate on high for 5 hours, or until the yogurt is no longer gooey throughout. Peel leather from sheet and cut in half. The leather may be rolled up in plastic wrap and stored at room temperature for later use.

\*Fruited yogurt can be substituted for vanilla, but fruit chunks do not easily spread evenly.

*Nutritional information per half sheet roll-up:*

Calories 152 • carb. 29g • pro. 6g • fat 1g • sat. fat 1g  
• chol. 6mg • sod. 81mg • calc. 198mg • fiber 0g

## Spiced Apple Trail Mix Leather

Makes 2 fruit leathers

- $\frac{3}{8}$  cup unsweetened applesauce**
- Pinch ground cinnamon**
- Pinch ground nutmeg**
- $\frac{1}{2}$  teaspoon honey**
- $\frac{1}{4}$  teaspoon fresh lemon juice**

- 1 tablespoon dried cranberries, chopped fine**
- 1 tablespoon walnuts, chopped fine**

In a medium bowl, combine the applesauce, cinnamon, nutmeg, honey, and lemon juice. Using a rubber spatula, spread the applesauce in a thin, even layer on the fruit roll-up sheet. Sprinkle evenly with dried cranberries and walnuts. Lightly press the cranberries and walnuts into the applesauce. Cover and dehydrate on medium for 4 hours, or until the applesauce is no longer wet throughout. Peel leather from sheet and cut in half. The leather may be rolled up in plastic wrap and stored at room temperature for later use.

*Nutritional information per half sheet fruit leather:*

Calories 94 • carb. 15g • pro. 0g • fat 3g • sat. fat 0g  
• chol. 0mg • sod. 2mg • calc. 8mg • fiber 1g

## Tropical Granola

7 servings,  $\frac{1}{2}$  cup each

- 3 cups old-fashioned oats**
- $\frac{3}{4}$  cup coconut, shredded and dried**
- $\frac{1}{2}$  cup wheat germ**
- $\frac{1}{3}$  cup brown sugar**
- $\frac{1}{2}$  cup dried cranberries**
- $\frac{1}{2}$  cup dried pineapple, small chunks**
- $\frac{1}{2}$  cup banana chips, small pieces**
- 1 cup pecans, chopped**
- 1 tablespoon orange zest**
- 1 tablespoon vanilla extract**
- $\frac{1}{4}$  cup butter, melted**
- 2 tablespoons agave nectar, or honey**
- $\frac{1}{3}$  cup maple syrup**
- $\frac{1}{4}$  teaspoon salt**

In a large bowl, combine the dry ingredients and vanilla. In a small bowl combine the butter, agave or honey, maple syrup and salt. Pour the butter/syrup mixture over the oat mixture. Stir to combine. Divide the granola mixture among three dehydrating trays, using parchment paper to line the trays. Clump the mixture in your hand as you divide it to form clusters. Cover and dehydrate on high for 3 hours, or until the granola is no longer wet. Rotate the clusters halfway through the

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dehydrating process. It may be necessary to rotate the racks during drying, as bottom racks will dehydrate faster than top racks. Store the granola in an airtight container at room temperature.

*Nutritional information per serving:*

Calories 318 • carb. 44g • pro. 8g • fat 13g • sat. fat 5g  
• chol. 9mg • sod. 59mg • calc. 45.8mg • fiber 6g

## Strawberry Banana Leather

Makes 2 fruit leathers

- ¾ cup fresh strawberries, hulled and chopped**
- ½ fresh banana, sliced**
- ½ tablespoon honey**
- ½ teaspoon fresh lemon juice**
- Cooking spray**

Combine all ingredients except cooking spray in a blender and purée until smooth. Lightly spray a paper towel with cooking spray and rub over the fruit roll-up sheet. Pour the strawberry mixture evenly on the sheet. Cover and dehydrate on high for 4 hours, or until the purée is no longer wet throughout. Peel leather from sheet and cut in half. The leather may be rolled up in plastic wrap and stored at room temperature for later use.

*Nutritional information per half sheet fruit leather:*

Calories 63 • carb. 16g • pro. 1g • fat 0g • sat. fat 0g  
• chol. 0mg • sod. 1mg • calc. 12mg • fiber 2g

## Salt and Vinegar Potato Crisps

4 servings

- 3 medium-size russet potatoes, skin removed if desired**
- 1 cup apple cider vinegar**
- 2 tablespoons olive oil**
- Coarse salt to taste**

Cut the potatoes into thin slices about 1/8-inch thick, creating round chips. Soak the potatoes

in the vinegar for 8 to 12 hours. This step is necessary so the potatoes do not taste chalky. Drain the potato slices well, transfer to a bowl, and toss with olive oil. Lay the potatoes in a single layer on parchment paper-lined racks. Sprinkle with salt. Cover and dehydrate on high for 8 to 12 hours or until desired crispiness. It may be necessary to rotate the racks during drying, as bottom racks will dehydrate faster than top racks. Store the crisps in an airtight container at room temperature.

*Nutritional information per serving:*

Calories 198 • carb. 29g • pro. 3g • fat 7g • sat. fat 1g  
• chol. 0mg • sod. 302mg • calc. 25mg • fiber 2g

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# WARRANTY

This Cuisinart appliance is guaranteed for domestic consumer use for 2 years motor warranty.

The guarantee covers defects under normal use from date of purchase and ceases to be valid in the event of alteration or repair by unauthorized persons.

If the appliance does not perform satisfactorily due to defects of material or manufacture, please contact local distributor for maintenance service.

**Customer Service Centre:**

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**Notice:** Chinese version is taken as standard for guarantee period and specifications.

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IB-16/285