

# Cabela's®

## COMMERCIAL-GRADE FOOD DEHYDRATORS

80L Cabela's Item Number: 541649

160L Cabela's Item Number: 541650



Please read this manual in its entirety prior to using this product for proper operation and safety warnings. Visit [www.cabelas.com](http://www.cabelas.com) or call for assistance 1-800-237-4444.

Do not discard box or packaging materials.  
Product cannot be returned to store without original packaging.

***WARNING: The warnings, cautions, and instructions discussed in this instruction manual cannot cover all possible conditions or situations that could occur. It must be understood by the operator that common sense and caution are factors which cannot be built into this product, but must be supplied by the operator.***



**DO NOT RETURN THIS ITEM TO PLACE OF PURCHASE**

**If You Have Any Questions Regarding Operation,  
Missing Components or If You Need Replacement Parts,  
Please Call Blue Sky Innovation Group Customer Service  
Toll Free at 1-855-939-7263 or 216-455-1101 For  
Instructions and Service Support Monday-Friday,  
9am to 5pm Eastern Standard Time.**

**DO NOT DISCARD BOX OR PACKAGING MATERIALS.  
PRODUCT CANNOT BE RETURNED TO STORE  
WITHOUT ORIGINAL PACKAGING.**

## Table of Contents

Congratulations on your purchase of either Cabela's 80L or 160L Commercial Grade Dehydrator. The Innovative Penta 360 Air-Flow design (patent-pending) and the Digital LED Control Center lets you easily manage dehydrating time and temperatures to efficiently dehydrate your favorite foods including jerky meats, fruits, vegetables and herbs. You can count on Cabela's for all of your dehydrating needs.

IMPORTANT SAFEGUARDS.....	4 - 5
ASSEMBLY INSTRUCTIONS.....	5
PARTS.....	6
CONTROL PANEL FUNCTIONS.....	7
FEATURES.....	7
OPERATING INSTRUCTIONS.....	8 -11
CARE, CLEANING and STORING.....	11
GENERAL DRYING GUIDELINES.....	12
DRYING FRUITS.....	13 & 14
DRYING VEGETABLES.....	15 & 16
DRYING JERKY.....	17 – 19
DRYING HERBS.....	20 & 21
FRUIT ROLL-UPS/FLOWERS/DOUGH ART/REHYDRATING.....	22
ACCESSORIES .....	23
RECIPES.....	24 – 30
TROUBLESHOOTING AND Q & A.....	31
WARRANTY.....	32

## IMPORTANT SAFEGUARDS



**READ AND FULLY UNDERSTAND ALL INSTRUCTIONS AND WARNINGS PRIOR TO USING THIS UNIT. YOUR SAFETY IS MOST IMPORTANT! FAILURE TO COMPLY WITH PROCEDURES AND SAFEGUARDS MAY RESULT IN SERIOUS INJURY OR PROPERTY DAMAGE. REMEMBER: YOUR PERSONAL SAFETY IS YOUR RESPONSIBILITY!**

### THIS UNIT IS DESIGNED FOR HOUSEHOLD USE ONLY

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

1. **READ ALL INSTRUCTIONS BEFORE USING THIS APPLIANCE.**
2. **Operate the Dehydrator in area where the temperature is 60°F (15.5°C) or above to yield best results. Temperatures below 60°F (15.5°C) will required more time to dehydrate.**
3. Thoroughly clean all parts with a mild solution of detergent and water that will come in contact with food before using this appliance. Make sure **Dehydrator** is completely dry before reconnecting to the power source – if not; Electrical Shock can occur, and may result in personal injury.
4. To protect against electric shock, do not immerse the appliance, including cord and plug, in water or other liquids.
5. **USE CAUTION! Some surfaces of the Dehydrator may become very HOT during use! Serious injury may result!** DO NOT touch these parts during operation or until they cool after use.
6. Failure to follow cleaning and maintenance instructions will decrease the life span of your **Dehydrator** and may cause serious product malfunction, injury or property damage.
7. **ALWAYS DISCONNECT** the **Dehydrator** from the power source before servicing, changing accessories or cleaning the unit. Unplug appliance from electrical outlet when not in use.
8. **DO NOT USE EXTENSION CORDS.**
9. It is recommended to NOT operate other appliances on the electrical circuit to which you connect the Dehydrator. This dehydrator works best if full power of the line is dedicated for its operation.
10. **DO NOT** operate this unit with a damaged cord or plug, if the appliance malfunctions or has been damaged in any way. **DO NOT ATTEMPT TO REPLACE THE CORD! CONTACT CUSTOMER SERVICE.**
11. **DO NOT** let the cord hang over the edge of a table or touch hot surfaces.
12. Electrical repair must be done by an authorized dealer. Use only factory original parts and accessories. Modification of the **Dehydrator** voids the warranty. **CONTACT CUSTOMER SERVICE.**
13. Place unit on flat, stable surface when ready for use.
14. **DO NOT** place appliance on or near a hot gas or electric burner, or heated oven.
15. **DO NOT** run the Dehydrator on any flammable surfaces such as carpeting or wood floors! To be safe use the Dehydrator on a ceramic tile or concrete floor.
16. Be sure all the **Dehydrator Feet** are stable. Lock the **Casters** (if applicable) prior to use.
17. **NEVER LEAVE THE DEHYDRATOR UNATTENDED.** Close supervision is necessary when appliance is used near children. This appliance is NOT recommended for use by children.
18. This Dehydrator contains intake and exhaust vents on the rear of the unit. Keep all objects and walls at least 12" (31 cm) from all sides of the **Dehydrator**.
19. Only use accessory attachments recommended by the manufacturer. **NEVER** use any accessories or parts from other manufacturers. Doing so will VOID YOUR WARRANTY and may cause fire, electrical shock or injury.
20. This unit is **NOT** an oven. Its purpose is to remove moisture from food items by drying, not cooking.
21. Trays and racks are only intended to be used with your Dehydrator. Do not use trays or racks in a conventional oven or with any other appliance.
22. ***The Manufacturer declines any responsibility in the case of improper use of the Dehydrator. Improper use of the Dehydrator voids the warranty.***

### SAVE THESE INSTRUCTIONS

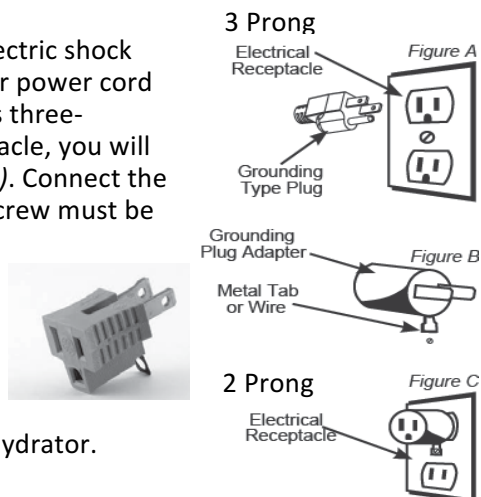
*Refer to them often every time you operate or disassemble this product*

## GROUNDING INSTRUCTIONS

This appliance must be grounded to protect the operator from electric shock during use. For this purpose, it is equipped with a three-conductor power cord and three-prong grounding-type plug (*Figure A*). The plug only fits three-pronged electric receptacles. For the plug to fit a two-hole receptacle, you will need a Grounding Plug Adapter with a wire or metal tab (*Figure B*). Connect the wire/tab to the electrical outlet with the cover plate screw. The screw must be metal. The electrical box must be properly grounded (*Figure C*).

**Short Cord Instructions:** A short power supply cord is provided to reduce the risk of becoming entangled in or tripping over a long cord.  
**DO NOT USE EXTENSION CORDS!**

**Important:** Make sure that there are no other electrical devices running on the same circuit as the outlet you are using for the dehydrator.



## ASSEMBLY FOR 80L & 160L COMMERCIAL-GRADE DEHYDRATOR



**CAUTION! BEFORE CLEANING, ASSEMBLING OR DISASSEMBLING THIS UNIT MAKE SURE IT IS OFF AND UNPLUGGED FROM OUTLET/POWER SOURCE!**

1. Remove the **Racks** and any other loose items from the interior and close the **Door**. Racks should be separated from their packaging material, pre-soaked in warm water with a mild detergent for several minutes. Scrub with a soft-bristle brush, rinse and dry before using.
2. Gently lay the **Dehydrator** onto its left side (*when facing the Door*) on a rug, folded blanket or other similar article to prevent scratching. **DO NOT lay the Dehydrator onto its right side because the glass Door may fall open and break!** DO NOT lay the **Dehydrator** onto its front or back to avoid damaging the **Door**, **Control Panel** and/or **Circuit Breaker**.



**FEET OR CASTERS MUST BE ATTACHED TO UNIT BEFORE USE!**

***FAILURE TO DO SO COULD CAUSE DAMAGE TO THE UNIT, SERIOUS INJURY OR FIRE COULD OCCUR.***

## 80L FEET INSTALLATION:

- a. Insert the **Foot Bolt** into the hole in the center of the **Foot** until the **Bolt** threads protrude out. Thread the **Bolt & Foot** into the **Corner Bracket**.
- b. Tighten the **Foot Bolts** with a screwdriver. Repeat for each corner.

## 160L CASTER INSTALLATION:

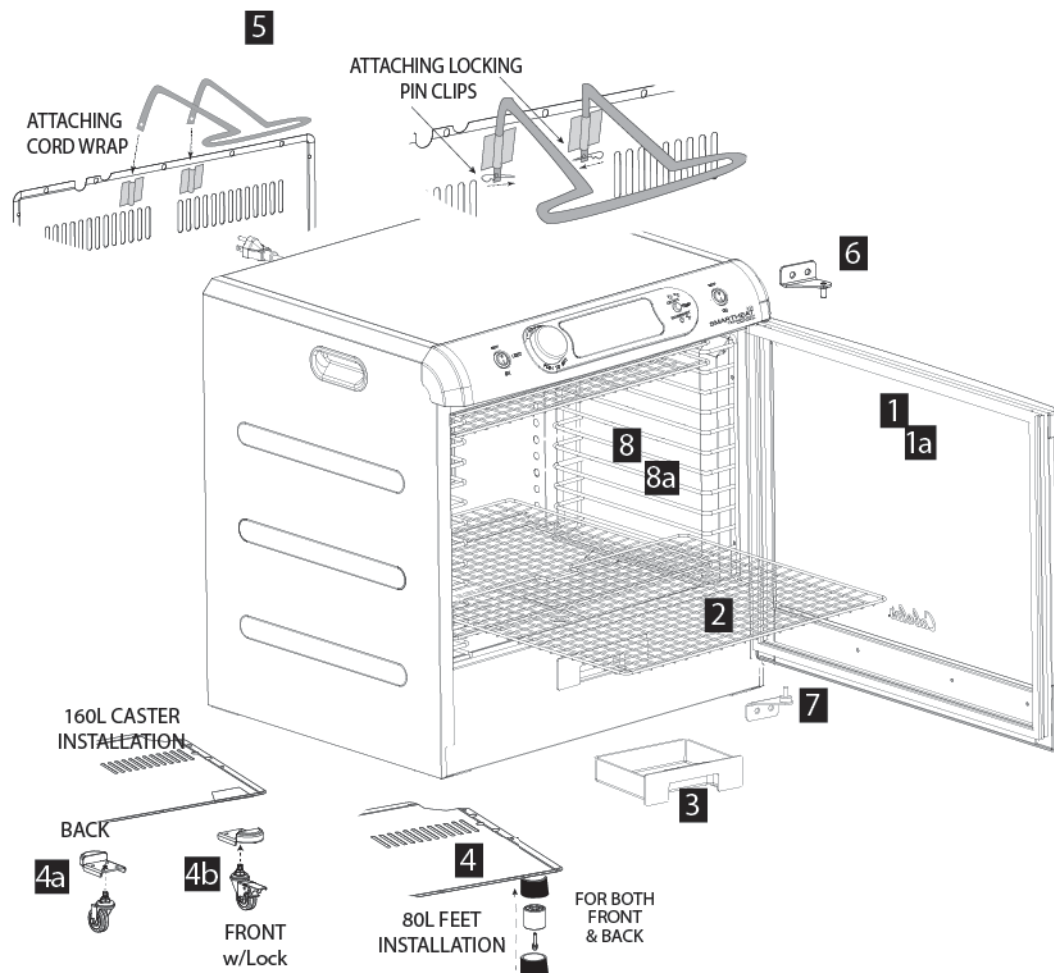
- a. Screw a Caster Nut (attached to Caster for shipping) onto the threaded stem of each Caster until it stops
- b. Screw the Swivel Casters without brakes into the Rear foot bracket until they are tight.  
**Note: Hold the Caster frame with one hand and rotate the swivel with your other hand.**
- c. Screw the Swivel Casters with Brakes into the Front Foot Brackets until they are tight.
- d. Tighten each **Caster Nut** with a 12-mm (1/2") open-end wrench. Turn the **Caster Nuts** clockwise. (*Tighten them to the Dehydrator, not the Casters. DO NOT over-tighten*)



While holding the **Door** closed, carefully stand the **Dehydrator** upright onto the **Casters** or **Feet**.

**NOTE: Feet, Caster, and Cord Wrap Pictorial Instructions – see page 6**

## PARTS



**NOTE: All parts are common for both 80L and 160L unless otherwise specified.**

1	80L DOOR	99-86001-11	4b	160L Caster w/Lock	99-86002-11
1a	160L DOOR	99-86002-15	5	CORD WRAP	99-86001-31
2	DRYING RACK	99-86001-18	6	TOP DOOR HINGE	99-86001-14&28
3	DRIP DRAWER	99-86001-04	7	BOTTOM DOOR HINGE	99-86001-15 & 18
4	80L FOOT	99-85001-19 & 21	8	80L SIDE RACK	99-86001-17
4a	160L Caster	99-86002-10	8a	160L SIDE RACK	99-86002-18

## CUSTOMER SERVICE

Contact **Blue Sky Innovation Group Customer Service** for replacement parts or help with the operation of this dehydrator. Phone Toll Free **1-855-939-7263** or **216-455-1101** for instructions and service support Monday-Friday, 9 AM to 5 PM Eastern Standard Time.

## SMART FEATURES OF YOUR CABELA'S DEHYDRATOR



Internal Cabinet Sensor automatically monitors intake air and internal cabinet Temperature adjusting proper air and heat velocity using a Two Stage Fan/Heat Setting during operation. Smart Heat Technology maintains even heat distribution throughout the cabinet for optimal control of your dehydrating process. The blue fan icon located on the LED panel display will also change speeds from low to high as the two stage settings change. Whether you're dehydrating domestic or wild game meats, fruit snacks, garden vegetables or even potpourri, your results will be perfect every time!



### INNOVATIVE PENTA 360 AIRFLOW DESIGN

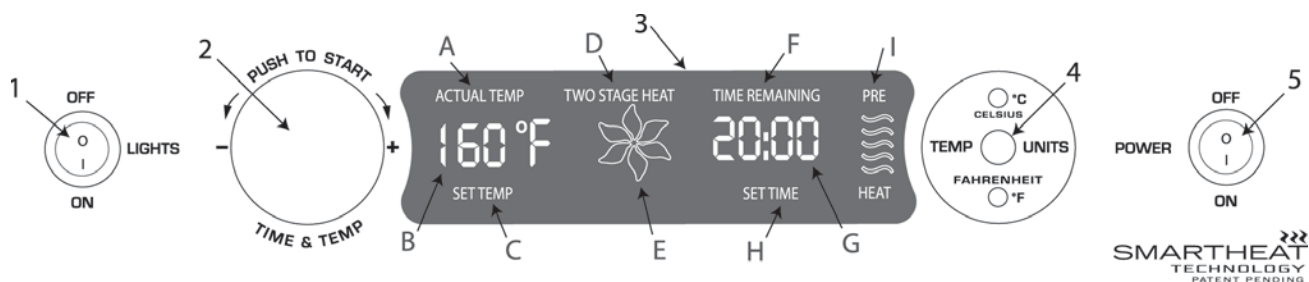
Five individual Air-Tubes distribute heated air throughout the cabinet causing a Cyclonic flow pattern. This (*Patent Pending*) design evenly blankets the entire cabinet, distributing the air through an air manifold diffuser located under the floor of the cabinet, allowing for additional cabinet space and added safety. This innovative design combined with Smart Heat Technology is the ideal combination for carefree, perfect dehydration.

### PRE-HEAT FUNCTION MODE

Pre-heat function will automatically start warming the cabinet evenly prior to full operation. It will run for 20 minutes or until the cabinet reaches the set temperature, whichever one comes first.



### CONTROL PANEL FUNCTIONS



1. INTERIOR LIGHTS ON/OFF
2. SET KNOB
3. DIGITAL LED SCREEN FEATURES:
  - A. ACTUAL TEMP
  - B. TEMP DISPLAY
  - C. SET TEMP
  - D. TWO STAGE HEAT ICON

- E. FAN SPEED ICON
- F. TIME REMAINING
- G. HOUR/MINUTE DISPLAY
- H. SET TIME
- I. PRE HEAT ICON
4. SET TEMP UNITS BUTTON – Celsius(C°)/Fahrenheit(F°)
5. MAIN POWER ON/OFF



## BEFORE OPERATING

1) Make sure that the environment you use your dehydrator in is extremely clean and free of any dirt and debris. The air intake slots are located on the bottom and lower back panel.



**Failure to use your dehydrator in a clean environment could result in damage to your unit and could cause a fire hazard.**

**IMPORTANT:** Make sure the location you are dehydrating in has an ambient (room) temperature of 60°F (15.5°C) or above.

2) Make sure the location that you choose to dehydrate is in a low humidity environment. High humidity environments could severely affect your dehydrating process and prolong dehydration time. It can also affect the end quality of the items that you are dehydrating.

3) You can dehydrate a wide variety of items such as:

Domestic meat, wild game, fruits, vegetables, herbs, flowers (potpourri). (See recipes on pages 24-30)

When loading items onto your dehydrator racks, make sure to leave at least 3/4" (19.5mm) or more space between each item. This will allow for proper circulation inside your cabinet, shortening your dehydration time and allowing for an even dehydration process. Do not overload trays. Overloading trays will cause a slow and uneven dehydration of your food items.

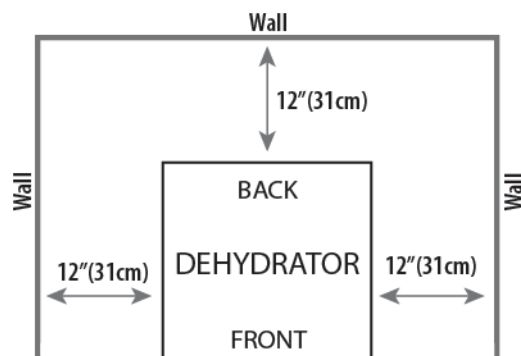
Please refer to the "**drying**" section in this manual that pertains to the item(s) you are dehydrating.

4) Once you have your dehydrator loaded with product, plug the unit in to a designated household wall outlet, with a minimum of a 20-amp breaker. Please refer to the **Important Safeguards** section of your manual, located on page 4. **DO NOT USE an extension cord.**

5) Make sure Door is securely closed and Refer to page 7 for control panel functions.

**NOTE:** Keep in mind, dehydration takes time. Be patient and allow the dehydrator to do its job. Keep the door closed, frequently opening the door will allow the heat in the cabinet to escape, adding more time to the dehydration process. You can view inside the cabinet by using the interior lights.

**WARNING:**  
**MAKE SURE THERE IS AT  
LEAST 12 INCHES (31cm)  
OF SPACE AROUND THE  
ENTIRE DEHYDRATOR FOR  
PROPER VENTILIATION**



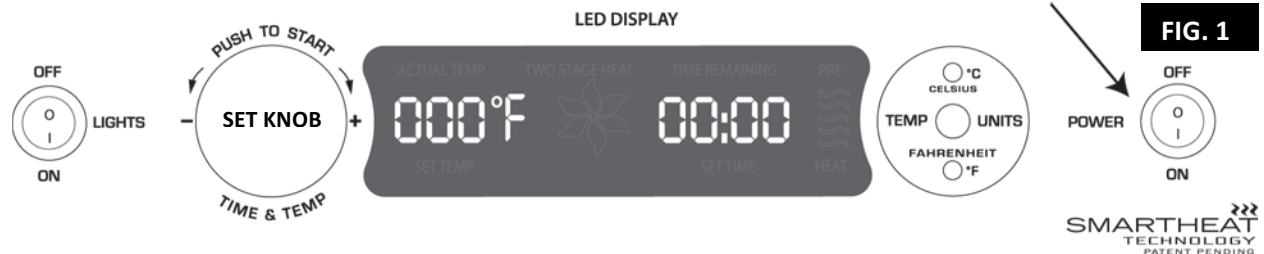
**WARNING: Restriction of Air Flow could cause overheating of Dehydrator Heater. FIRE COULD OCCUR!**



# OPERATING INSTRUCTIONS

Press **POWER ON/OFF** button (Amber colored) to the **ON** position. (FIG. 1)

- The unit will make a "BEEP", light up the entire LED display and will then display all "0's" (FIG. 1)



**NOTE: IF UNIT DOES NOT POWER UP, CHECK REST BUTTON.  
REFER TO TROUBLESHOOTING SECTION OF THIS MANUAL (pg.31)**

## HOW TO SET TEMP

Press **SET KNOB**: **IMPORTANT: Only press one time to change mode setting.**

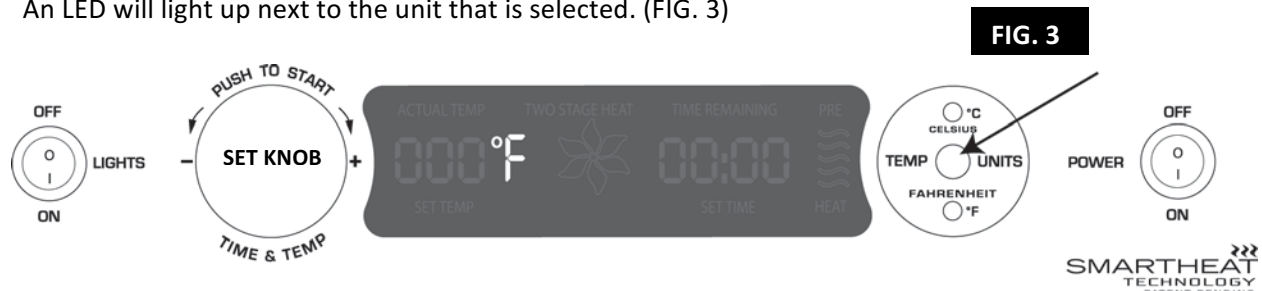
- **SET TEMP** WILL display and 80°F will blink. (Fig.2)
- Rotate the **SET KNOB** left or right to increase or decrease your desired **SET TEMP**-  
*Refer to drying section for proper temperature*



## HOW TO SET TEMP UNITS °F OR °C

Press **SET KNOB**

- You can now select FAHRENHEIT or CELCIUS by pressing TEMP UNITS button.  
(If you live in the USA, F° is the standard unit of temperature measurement.  
An LED will light up next to the unit that is selected. (FIG. 3)

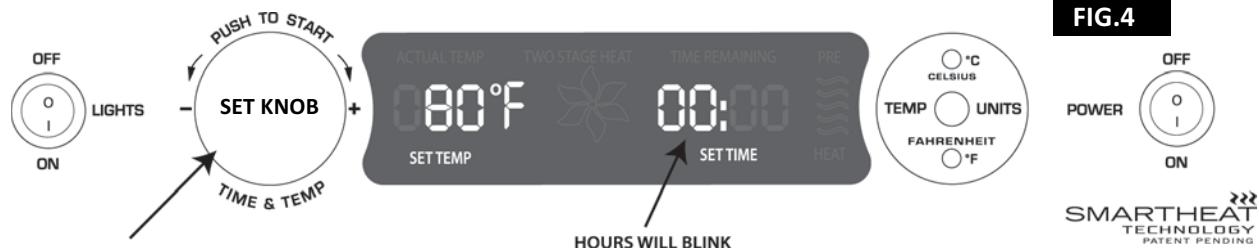


## OPERATING INSTRUCTIONS Cont.

### HOW TO SET TIME - HOURS

Press **SET KNOB**: **IMPORTANT: Only press one time to change mode setting.**

- This will enter the **SET TEMP** and the **HOURS** will display and will blink "00":00. (FIG. 4)
- Rotate the **SET KNOB** left or right to increase or decrease the desired **HOURS** in 1 hr. increments (23 hr max).



### SET MINUTES

Press **SET KNOB**: **IMPORTANT: Only press one time to change mode setting.**

- This will set the HOURS and the **MINUTES** will now blink 00:"00". (FIG. 5)
- Rotate the **SET KNOB** left or right to increase or decrease the desired **MINUTES** in 5 min. increments (55 min. max).

**NOTE: HOURS & MINUTES CAN BE SET FOR A MAXIMUM OF 23 HRS. 55 MINUTES.**



Press **SET KNOB**: **IMPORTANT: Only press one time to change mode setting.**

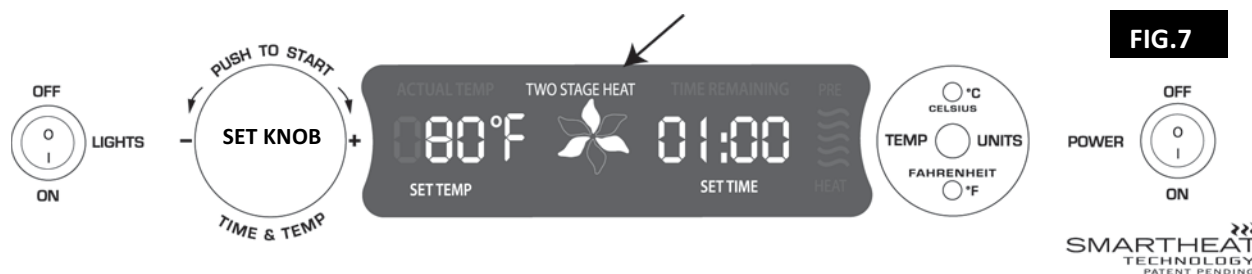
- Unit will begin running in **PRE HEAT** mode for 20 minutes or until **SET TEMP** is reached. (FIG. 6)
- Control panel display will cycle every 5 seconds showing **ACTUAL TEMP & TIME REMAINING**, and then **SET TEMP & SET TIME**.



## OPERATING INSTRUCTIONS Cont.

- Once 20 min. expires or **SET TEMP** is reached, unit switches to TWO STAGE HEAT cycle.
- Fan Icon may run in low or high depending on the internal cabinet temperature.

**NOTE: - PRE-HEAT WILL RUN EVERY TIME THE UNIT IS STARTED UP.**



**NOTE:** Use the *Interior Light Switch* located on the left hand side of your control panel for easy viewing inside the cabinet during the dehydration process.

## CARE, CLEANING and STORAGE



**CAUTION! BEFORE CLEANING, ASSEMBLING OR DISASSEMBLING THIS UNIT MAKE SURE IT IS OFF AND UNPLUGGED FROM OUTLET/POWER SOURCE!**

Use a damp, soft cloth or towel to remove any dried food residue from inside of cabinet or glass door.

**Avoid dripping any water or other liquids into the electrical parts.** Be sure drip tray is in place.  
**TAKE RACKS OUT BEFORE CLEANING.**

- Pre-soak racks in warm water with a mild detergent for several minutes (dishwasher safe).
- A soft-bristle brush will loosen food particles that resist softening by soaking or cleaning.
- The base can also be cleaned with warm water and mild detergent, rinsed with warm water and towel dried.
- Don't clean any parts with scouring pads, abrasive cleaners, or sharp utensils, as they tend to scratch and damage the surface.
- Store unit in a dry area. Storage cover, for your dehydrator, can be purchased at Cabela's.

## GENERAL DRYING GUIDELINES

- Certain varieties of produce, the humidity in the air, and even methods of food handling, make a BIG difference in the drying time and quality of the dried product.
- To save nutrients and produce a quality product, it is necessary to work fast preparing foods to dry when placed in your dehydrator. Foods need to dry continuously at the recommended temperatures and times. Do not turn off your dehydrator or leave partially dried food on the trays as it may spoil or develop "off" flavors.
- Spread all foods evenly on tray to dry in single layer. DO NOT let slices overlap. Keep at least 3/4" space between food pieces to allow adequate airflow.
- Do not add fresh produce to a partially dried batch. It will slow the rate of drying for both products. It is possible, however, to combine partially dried foods on to fewer trays.

## SELECTING FOODS TO DRY

---

- Select the best quality produce at the peak of ripeness and flavor
- Wash carefully to remove debris, dust and insects
- Cut away bruised or damaged sections

## LOADING TRAYS

---

- Lay food pieces evenly on trays
- Try to keep the pieces alike in size per tray for even dry time
- DO NOT overlap food pieces, as this will inhibit drying time as each tray is loaded
- Always leave approximately 3/4" space between food items especially jerky meat to allow proper airflow.

## DRYING TIME

---

- Drying times may vary, depending on the type and amount of food, thickness and consistency of the slices, percentage of water in the food, humidity, ambient temperature of air (foods at 75°F will dry faster than 50°F), altitude and the model of your Cabela's dehydrator.
- Drying times may also vary greatly from one area to another and from day to day, depending on the climatic conditions. Keep records to help you predict drying times for specific foods.

## DRYING TEMPERATURE

---

- Fruits, fruit roll ups and vegetables should be dried at 130°F to 140°F (55C to 60C). By drying foods in this temperature range you will minimize the loss of heat-sensitive vitamins A and C.
- All foods sweat when they begin to dry, the temperature may be set higher than 140°F (60C) during the first couple of hours of drying. The actual temperature of the food will remain 15°F to 20°F (6°C to 8°C) lower than the air temperature for the first couple of hours.
- Meats and fish should be dried on the highest temperature setting of your dehydrator. These temperatures keep bacteria and other micro-organisms, common to meat and fish, to a minimum during the first stages of drying.

## DRYING FRUITS

### SELECTION

---

Fruits are ideal to dry because they have a natural high sugar content. They are high in acid (and consequently less prone to spoilage and micro-organisms), and taste delicious!

Seasonally, fruit can be obtained in bulk from orchards or farms for considerably lower prices than you may find in the supermarket.

### PREPARATION

---

Fruits picked at their prime have the highest natural sugar content and the best nutritional value. For the best quality product, choose only fresh, ripe unblemished fruits.

- Wash fruit thoroughly and remove any imperfections.
- Remove skins (if desired), stems and seeds.
- Halve or slice in 1/4" to 3/8" circles or slices (a food processor or slicer will speed the slicing and ensure uniform slices, which will allow fruits to dry at the same rate.)
- Some fruits have a natural protective wax coating such as, figs, grapes, blueberries, cranberries, etc... If you want to dry these fruits whole, dip into boiling water for 1 to 2 minutes (the amount of time needed depends on the thickness and toughness of the skin) to speed dehydration. This makes the skin more porous by removing the natural wax coating and thereby speeds up the drying time.

*This process is called 'checking'. Small lines appear on the fruit skin allowing moisture to escape but may be too fine to be visible.*

- Many fruits can be dried in halves with the pits removed. If they are dried with the skins on, be sure to place them skin-side down to prevent fruit and pulp from dripping down through the trays.
- Check frequently near the end of the drying process and remove pieces as they become dry.
- To peel or not to peel is a decision only you can make (if the fruit has been artificially waxed, it should definitely be peeled to remove the wax). The skin has nutritional value, but skins tend to be very tough when dried and fruits take longer to dry with the skins on. Try fruits both ways – peeled and unpeeled – your choice.
- Mesh screens for drying fruit are available at Cabela's – See Accessories page 23

Pre-treat if desired and place the fruit into the dehydrator to dry at 135°F (57C).

### PRE-TREATMENT

---

Pre-treatment minimizes oxidation, and gives you a superior quality, better tasting product with less vitamin loss. Apples, pears, peaches and apricots are better when pre-treated. They are more appetizing, have a longer shelf life and higher nutritional value.

- Place cut fruits that tend to brown in a holding solution of ascorbic acid to reduce browning during preparation.
- Do not keep cut fruit in a holding solution for more than one hour.
- Pre-treatment can vary from soaking in fruit juice, ascorbic acid mixtures, syrup blanching, steaming, to sulfating. The results of these methods also vary.

Experiment and decide for yourself which one you like best.

## NATURAL PRE-TREATMENT

Fruit juices containing ascorbic acid may be used as a natural pre-treatment to reduce browning. Although there will be some loss of color, pineapple, orange, lemon, or lime juice can be used. Ascorbic acid mixtures, available from your supermarket, can also be used. Follow the directions on the package. Slice fruit directly into juice or ascorbic acid mixture. Soak 5 minutes and place on trays. Fruits can also be dipped in honey or a honey/juice mixture.

**Pre-treat if desired and place the fruit into the dehydrator to dry at 135°F (57C).**

### FRUITS DRYING GUIDE

FOOD	PREPERATION	DRYING TIME	USES
Apples	Pare, core, cut into thin rings or slices. Pre-treat with lemon juice.	8-14 hours	Applesauce, pies, rings, snacks, breads and cookies
Apricots	Cut in half, remove pit and cut in quarters Pre-treat	22-37 hours	Desserts, muesli, meat dishes, pies and sauces
Bananas	Peel, cut in 1/4" slices	6-14 hours	Snacks, baby food, granola, cookies, and banana bread
Blueberries	Wash and remove stems Dip in boiling water until skins crack	10-20 hours	Breads, baked goods, snacks, ice cream, yogurt
Cherries	Wash, remove stems and pit	18-28 hours	Breads, baked goods and snacks
Citrus Fruits	Peel, if desired Slice 1/4" thick	6-14 hours	Flavorings when powdered
Cranberries	Wash and remove stems Dip in boiling water until skins crack	10-20 hours	Breads, baked goods, snacks ice cream, yogurt
Coconut	Remove dark outer skin, slice 1/4" thick	3-10 hours	Cakes, cookies, desserts and granola
Figs	Remove stems Cut in half	8-16 hours	Fillings, cakes, puddings, breads and cookies
Grapes	Leave whole, remove stems (if blanched)	22-36 hours 6-10 hours	Raisins; use in baked goods, cereals and snacks
Kiwi	Peel, slice 1/4" to 3/8" thick	5-14 hours	Snacks
Lemon Powder	Zest of Rind	8-14 hours	Seasoning rubs and marinade
Mangos	Remove skin, slice 3/8" thick	6-18 hours	Snacks, cereals and baked goods
Melons	Remove skin & seeds Cut 1/4-3/8" thick	8-20 hours	Snacks

## DRYING VEGETABLES

Some vegetables are quite good dried. Others lose their appeal and are better frozen or fresh. Vegetables have a low acid and sugar content that makes them more subject to spoilage, and tend to have far shorter shelf life than dried fruits. Packaging and ideal storage conditions are key elements to producing dried vegetables which will taste as good in December as they did from your Summer garden!

### SELECTION

---

Choose fresh, crisp vegetables for a high quality dehydrated product. Just like fruits, Vegetables should be picked ripe and dried as soon as possible to minimize loss.

### PREPARATION

---

Wash vegetables thoroughly and remove any blemishes. Peel, trim, core, and/or slice vegetables.

### BLANCHING

---

Most vegetables must be blanched, either steaming over boiling water or in the microwave oven to slow the enzyme action which will continue during drying and storage.

**Note:** Blanching softens the cell structure, allowing the moisture to escape more easily and also allows vegetables to rehydrate faster. There is no need to blanch onions, garlic, peppers, and mushrooms. Herbs also are not blanched. Water blanching is not recommended because of the loss of water-soluble vitamins and minerals.

### STEAM BLANCHING

---

Use a commercial steamer or a pan with a tight fitting lid and a steaming rack. Bring about 1 inch of water to a brisk boil and drop in sliced vegetables. Cover and steam until vegetables are heated completely through, but not cooked. This is usually about 1/3 of the time required to cook the vegetable. Vegetables should still be crunchy. Drain in steamer rack and place immediately on dryer trays.

### MICROWAVE BLANCHING

---

A microwave oven is ideal for blanching vegetables. Prepare them in the same manner as for steam blanching. Place them in a microwave-safe dish, cover and cook on high for about 1/2 of the time required to completely cook the fresh vegetables.

Depending on the age and design of your microwave, you may want to stop the cooking half-way through and stir the vegetable to achieve a more even blanching. Load blanched vegetables onto drying trays, making sure that air can move freely between the pieces.

For vegetables, such as corn or peas, that tend to clump together, stir occasionally to allow air to reach all of the pieces. It is recommended to use Cabela's mesh screen inserts (see page 23) so that the kernel pieces will not fall through the cracks of standard trays. Vegetables are dried until they are crisp, leathery, or brittle. Package immediately after drying to prevent absorption of moisture from the air.

**Usual drying temperature for vegetables is 130°F to 145°F (55C to 63C)**



## VEGETABLE DRYING GUIDE

Vegetables will also vary in their drying times. Blanching decreases drying times, but not all vegetables are blanched. Again, the average drying times in the following table are general and depend on different variables.

**Usual drying temperature for vegetables is 130°F to 145°F (55C to 63C)**

FOOD	PREPERATION	DRYING TIME	USES
Asparagus	Wash and cut into 1" pieces and blanch	5-10 hours	Rehydrate, serve in cream sauce
Beans: Green/Wax	Remove ends, cut into 1" pieces and blanch	8-14 hours	Stews, soups and casseroles
Beets	Steam until tender, cool and peel, cut to 1/4-3/8"	5-12 hours	Soups and stews
Broccoli	Wash, cut as for serving and blanch	8-12 hours	Soups, quiche or soufflés, cream or cheese sauce
Carrots	Peel, cut ends, slice in 1/4-3/8" thick or shred and blanch	6-14 hours	Salads, soups, stews and carrot cake
Cauliflower	Wash, cut as for serving and blanch	6-16 hours	Soups and stews
Celery	Wash , 1/2" slices, blanch in 1/2 t celery salt , baking soda to 1 cup water	4-11 hours	Soups, stews
Corn	Husk, remove silk and blanch, remove from cob	6-14 hours on mesh screen	Fritters, soups, stews or grind for cornmeal
Eggplant	Slice 1/4" thick, peel and blanch	4-14 hours	Cream sauces, casseroles, fry
Garlic	Separate and peel cloves	6-14 hours	Powder for seasoning
Mushrooms	Clean with soft brush, don't wash	4-12 hours	Rehydrate for soups, salads, omelets or frying
Onions	Remove skins and ends. Slice 1/2" thick	6-14 hours	Soups, Stews, dips Flakes for seasoning
Peas	Wash & blanch	6-10 hours on Mesh screen	Soups, stew
Peppers (Mild or Hot)	Remove stem, inner membrane, seeds Slice into strips or pieces	5-12 hours	Stews, soups, casseroles, pizza Powdered for seasoning
Potatoes	Peel , slice 3/8" thick, blanch, rinse & dry	7-16 hours	Soups and stews
Tomatoes	Cut tops off, score down 2 sides, put in boiling water for 1 min. to peel skins. Cut into slices , halves, or quarters	6-14 hours	Soups, stews, sauces
Zucchini & Squash	Peel, cut ends, slice in 3/8" thick or shred	8-13 hours	Bread, soups, casserole

## DRYING JERKY

Jerky can be made from a variety of wild game meats, fish and poultry. Jerky is a favorite snack for hiking, school, on the trail or just about anywhere! Jerky is made by seasoning lean, raw meats in a salt mixture, then drying it without cooking. The finished product is a protein-rich exercise in chewing and ever so delicious! Jerky also makes a savory broth base for soups and stews.

Homemade jerky is much less expensive than jerky slices or sticks purchased at a grocery or convenience store. Most lean meats will yield about 1 pound of jerky for 3 pounds of fresh meat.

### SELECTION

When purchasing meats for jerky, choose lean meats with minimal marbling (fat), as fat tends to get rancid during storage. A lean cut of flank steak or round steak makes excellent jerky.

When making jerky from pork, fish, chicken or turkey, you can use precooked and processed meat. Use filets of fish and the breast of chicken or turkey.

Be sure to dry it at the highest temperature setting. The high temperature helps to keep bacteria and other spoilage micro-organisms, that are common to meat and fish, to a minimum during the first part of dehydrating. After drying, heat it in oven at a minimum temperature of 165°F (74C) for at least 30 minutes as a precaution against the risk of salmonella.

When you are making jerky from game meats, freeze the meats for at least 60 days at 0°F (-18C) before drying as a precaution against any diseases the animal might be carrying. Then thaw meat, add seasonings and press into strips or sticks, and place on trays to dry.

### PREPARATION

- With a sharp knife, remove all fat, gristle, membranes and connecting tissue.
- It is easier to slice partially frozen meat for jerky.
- Cut into strips 1/4" to 3/8" thick and 5" to 6" long. Cut meat into uniform thickness so it will dry in the same amount of time. Cut strips across the grain to produce jerky that is easier to break apart and chew.
- Cabela's also offers manual jerky slicers and jerky slicer attachments for commercial-grade electric grinders. These quickly and easily turn a cut of meat into uniform jerky slices in seconds. (see page 23)
- Marinating adds flavor as well as tenderizes. The longer the meat marinates, the more flavorful the jerky.
- Marinate by mixing one package of cure, one package of spice/seasoning and 1/4 to 1/2 cup of water per pound of meat.
- Marinate cut meats in store-bought or your own recipe marinade for 8 to 24 hours in the refrigerator before drying.
- If you use your own marinade recipe, be sure to use a curing spice combination that includes salt, sodium nitrite to prevent bacterial growth during the initial stages of drying.

**Remove meat from marinade – IMPORTANT:** Pat meat dry making sure to remove any excess moisture, this will keep your drying time consistent with all of the pieces.

**Place meat on dehydrator trays –** Make sure to leave at least 3/4" of space between each piece, do not overload the trays and do not overlap the pieces. Both of these things can increase dehydration time and cause improper dehydration.

- **Using cure in your Jerky** – It is not a requirement to use cure in making jerky. It is recommended if you plan on leaving your jerky exposed to the open air for an extended period of time. Follow the instructions that come with your cure packet for best results.

## GROUND MEAT JERKY

You can make jerky using ground beef, venison or bison. Try to use 85% to 90% lean. It has a faster drying time, is easier to chew and is less expensive to make. Season & cure with ready mix flavor packets or use your own recipe. Mix together and form into thin strips using Cabela's Jerky Pistol *Item# 04048196* or Jerky Blaster *Item# 04048641* available from Cabela's (see page 23). Extrude ground meat mixture into strips onto trays and dry.

### JERKY DRYING GUIDE

Food	Preparation	End Condition	Dry Time (Hrs.)	Setting
Beef / Venison	Cut into 1/4-3/8" thick strips and marinade or season	Tough, dry, not brittle	6-15	160°F (71°C)
Pork		Tough, dry, not brittle	6-15	160°F (71°C)
Fish		Firm, dry, should not crumble	10-16	160°F (71°C)
Poultry		Tough, dry, not brittle	8-12	160°F (71°C)
Ground Meat	Extruded strips	Dry, Easy to chew	8-15	160°F (71°C)

Meats should be dried at 160°F (71°C). Depending on how thick the meat is cut, how heavily the dehydrator is loaded, the humidity, and the ambient (room) temperature, drying times may vary.

When removing jerky from dehydrator trays, wrap it in paper towels and let it stand for a couple hours prior to packaging. Excess fat will be absorbed in the paper towels and the shelf life will be extended.

## STORING JERKY

- Place jerky in a jar with an airtight lid or wrap jerky in aluminum foil and store in a thick plastic food storage bag.
- Avoid storage in plastic containers or bags without first wrapping in aluminum foil or waxed paper.
- If cure was used, jerky should be stored in a dark, dry place between 50-60°F (10-16°C). Properly dried jerky can be stored at room temperature for 1 to 2 months.
- If no cure was used in the jerky marinade it should be stored in the refrigerator so that there is less chance that it will go bad- in the case that the meat was not correctly dried or still retains moisture.
- You can store jerky in the freezer to extend the shelf life up to 6 months. Remember to label and date all packages.
- Vacuum Sealing is a great way to store jerky. Cabela's has a range of vacuum sealers available for this purpose. Go to [www.cabelas.com](http://www.cabelas.com)

## WHY TEMPERATURE IS IMPORTANT WHEN MAKING JERKY

---

Illnesses due to *Salmonella* and *E. coli* O157:H7 from homemade jerky raise questions about the safety of traditional drying methods for making beef and venison jerky. The USDA Meat and Poultry Hotline's current recommendation for making jerky safely is to heat meat to 160 °F and poultry to 165 °F before the dehydrating process. This step assures that any bacteria present will be destroyed by wet heat. But most dehydrator instructions do not include this step, and a dehydrator may not reach temperatures high enough to heat meat to 160 °F or 165 °F. After heating to 160 °F or 165 °F, maintaining a constant dehydrator temperature of 130 to 140 °F during the drying process is important because:

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

## DRYING FISH

Lean fish can be used for jerky. You can also dry fatty fish, but it will not keep at room temperature more than a week. Fish jerky should contain about 15% moisture when it is completely dry. It will be pliable and firm. If there is any doubt about the dryness, store in refrigerator or freezer to avoid the risk of spoilage.

Cooked fish may also be dried, although it has different taste than fish jerky. It still makes a nice snack. Re-hydrating cooked fish is not recommended because the resulting product isn't very good.

### SELECTION

---

Choose fresh fish to dry. If you catch the fish, clean it promptly and keep on ice until you are ready to dehydrate. If you are purchasing fish, make sure it is fresh and not previously frozen. Frozen fish can still be made into jerky, but be aware that the quality is inferior to fresh.

### PREPARATION

---

Cut fish into 1/4 to 3/8-inch-thick strips. Marinate in your own favorite marinade. When using your own recipe, be sure to include at least 1-1/2 to 2 teaspoons salt per pound of fresh fish. Salt slows the growth of surface bacteria during the initial stages of drying. Marinate for at least 4 to 8 hours in refrigerator so fish will absorb salt and seasonings. Dry fish jerky at 130°F to 140°F (55°C to 60°C) until they feel firm and dry, but don't crumble. There should be no moist spots. (See page 18 *Drying Guide*)

## DRYING SAUSAGE

- Preheat the dehydrator to the highest setting. Verify the dehydrator is holding the temperature, proceed to the next step.
- Lay the sausage on a cutting board. Slice to desired thickness, we recommend 1/4-3/8" inch strips. Sausage that is too thick can greatly increase drying time.
- Put the sausage on the dehydrator trays with at least 3/4" space between pieces.
- Dehydrate the sausage for 4 to 10 hours, checking on it regularly. When the sausage is pliable but not brittle, it is ready.
- Put the sausage in a plastic bag or a glass jar and leave it open. Let it continue to dry for 24 hours before sealing.

## DRYING HERBS

Fresh herbs and spices have a stronger aroma and flavor than commercially dried herbs and spices. They are prized by food lovers and gourmet cooks.

Dried herbs and spices are used more often than fresh because they are more readily available and convenient to use. Although some flavor is lost when they are dried, it becomes more concentrated because so much moisture is removed. Most herbs contain from 70 to 85 percent water. 8 ounces of fresh herbs will yield about 1 ounce of dried.

### GATHERING HERBS

---

The flower, seeds, leaves and stems of herbs can all be used for seasoning.

- Leaves and stems should be gathered early in the morning before the heat of the sun dissipates the flavoring oils. Leaves should be harvested before plant begins to flower and while still tender.
- Snip stems at base, taking care to leave sufficient foliage for plant to continue growing. The new leaves at tip of plant have the most concentrated flavor.
- Plants usually survive three or four major harvests and, depending on climate, may produce all year round. Cold frames extend growing season and a sunny kitchen window will allow potted herbs to produce all year long. When plants have begun to flower, a bitter taste develops and leaves are not as aromatic because the energy has gone into producing buds.
- Flowers of some herbs may be used for seasoning. They should be harvested when they first open and while still very fresh.
- Seeds, such as caraway or mustard, are harvested when they are fully mature and have changed from brown to gray.

### PREPARATION

---

Most herbs may be dried in your dehydrator using Mesh screen tray liners available at Cabela's (See page 23).

- Leaves and stems should be lightly washed under cold running water to remove any dust or insects. Remove any dead or discolored portions.
- To dry large-leafed herbs, such as basil and sage, strip leaves from stem, cut in half across the leaf and place on a mesh screen lined tray. Cutting allows dry air to get inside the stem and will shorten drying time.
- To dry small-leafed herbs, like thyme, place on a mesh screen lined tray helps keep dried herbs from falling through tray. As small herbs dry, they may fly around inside dehydrator. If this happens, place another mesh screen over drying herbs to keep them in place.
- If flowers are to be used in teas, dry them whole. Wash and separate petals, and remove any tough or discolored parts.
- When seedpods have dried, their outer covering may be removed. Rub seeds between palms of your hands while blowing to remove husks.
- Place larger seeds on a mesh-screen sheet. Dehydrate until there is no moisture evident. If seeds are to be used for planting, dry at room temperature to maintain germination ability.
- **Do not dry herbs with fruits and vegetables.**
- Store in glass containers in a cool, dark place to reduce flavor loss. Label clearly before storage because they are difficult to recognize when dry. Do not powder leaves until you are ready to use.

**Drying temperature should not exceed 95°F to 125°F (35°C to 41°C).**

## HERB DRYING GUIDE

Drying temperature should not exceed 95°F to 125°F (35°C to 52°C)			
FOOD	PREPERATION	DRYING TIME	USES
Anise Leaves	Rinse in cold water and pat dry	1-3 hours	Soups, stews, sauces, vegetable and fruit salads
Anise Seeds	Rinse in hot water and pat dry	2-5 hours	Rehydrate, serve in cream sauce
Basil Leaves (break veins and stems to aid in drying)	Clip leaves 3 to 4 inches from top of plant just as first buds appear, pat dry	20-24 hours	Italian and Mediterranean tomato meat dishes, salads, soups, fish, poultry and egg dishes
Caraway	Clip entire plant, dip in boiling water, pat dry	2-5 hours	Pork, sauerkraut, rye bread, cheese, vegetables, cookies
Chili Peppers	Rinse and dice, pat dry	5-12 hours	Powder for seasoning
Chive Leaves	Chop, rinse in cold water, pat dry	20-24 hours	Mild onion flavor, use in moist recipes
Cilantro Leaves	Clip with stems, rinse in cold water, pat dry	15-18 hours	Mexican, Chinese and Mediterranean dishes
Coriander	Clip entire plant, dip in boiling water, pat dry	2-5 hours	Sausage, pickling spices, seeds, apples and pear dishes
Cumin Seeds	Rinse in cold water, pat dry	2-5 hours	Curries and chili dishes
Dill Leaves	Rinse in cold water, pat dry	1-3 hours	Salads, vegetables, potatoes and fish
Fennel	Rinse in cold water, pat dry	1-3 hours	Salads, soups or stews
Garlic Clove	Clean with soft brush, don't wash	6-12 hours	Salt, powder, recipes
Ginger Root	Peel, slice or grate	2-5 hours	Meats , desserts
Mint	Rinse & pat dry	6-12 hours	Lamb dishes, jelly, sauces
Oregano	Rinse & pat dry	8-15 hours	Italian, & Greek dishes
Parsley - Flat or curly	Rinse & pat dry	15- 20 hours	Powder or flakes
Rosemary	Rinse & pat dry	15- 20 hours	Poultry, lamb , egg dishes breads
Sage	Rinse & pat dry	20-24 hours	Pork, gnocchi, fish
Tarragon	Rinse & pat dry	20-24 hours	Sauces, salads, fish or poultry
Thyme	Rinse & pat dry	3-5 hours	Soups, all dishes most veggies

Note: Dry Herbs should crumble easily and stems should snap when bent.

## FRUIT ROLL-UPS

Fruit roll-ups are a fun way to enjoy healthy snacks and are easy to make at home with your Cabela's dehydrator. Fruit Roll-Up Trays are sold separately and available at Cabela's (*See pg 23*).

- Select ripe or slightly over-ripe fruits. Wash and remove blemishes, pits and skin (optional).
- Puree in a blender. Add yogurt, sweeteners or spices as desired. The puree should be thick in consistency.
- Pour 3/4 to 1 cup of the puree onto the Fruit Roll-Up trays.
- Carefully place the Trays in the Dehydrator. Turn the unit to the high setting. The edges may dry quicker than the center; pour the puree thinner at the center of the tray.
- The average dry time for fruit roll-ups is 4 to 8 hours on Med to High (135-140°F).
- Once the fruit roll-ups are shiny and non-sticky to the touch, remove them from the dehydrator and allow them to cool.
- Peel the fruit roll-up from the plastic wrap and roll into cylinders.
- At room temperature, they can last for up to one month when tightly wrapped.

## DRYING FLOWERS and DOUGH ART

- Choose flowers that are ¾ bloomed. If you wait until fully bloomed, fragrance is already fading. Because they shrink when dried, gather a large amount.
- Trim flowers so that leaves are removed and the stem is as short as possible.
- Space flowers evenly and in single layer. Use Cabela's Mesh screen inserts so no dried petals or bits fall through the tray slots.
- Allow flowers to dry overnight in the dehydrator.
- Dried flowers, herbs and spices used for potpourri should be dried at temperatures ranging from 90 F° to 100 F° (30 to 40 C°) to maintain aroma and color.
- Making dough art or beads is a great family activity - see recipe section for dough.

## REHYDRATING and COOKING with DRIED FOOD

Rehydrate by placing dried foods in a container (with enough water to cover food) and soaking for 30 minutes to 2 hours. Boiling water rehydrates foods more quickly than cold water or water at room temperature. Fruits or vegetables may also be rehydrated in liquids other than water, including fruit juices, cider, vegetable juices, etc.

- Refrigerate these foods while they are soaking to reduce any risk of spoilage.
- Do not add seasonings, especially salt or sugar, during rehydration because they slow the rehydration process.
- Pies or fillings — use 1 additional cup of water per 1 cup of fruit — use less, if you desire a thicker consistency.

After rehydrating food, cook it as you would normally. If foods are cooked before they are fully rehydrated, they will cook in a shriveled state and will not be plump. Most fruits and vegetables will rehydrate to about 80% of their fresh state. Consequently, they are a little chewier than a fresh or frozen fruit or vegetable, even when rehydrated.

Dried food used in cooking will absorb additional liquid, so adjust the recipe accordingly by adding more water.

- Vegetables — add one additional cup of water for one cup dried food.
- Stewed Fruits — add 2 additional cups of water for each cup of fruit, allow to stand for approx. 1 hour and simmer until tender.
- Pies or fillings — use 1 additional cup of water per 1 cup of fruit — use less, if you desire a thicker consistency.

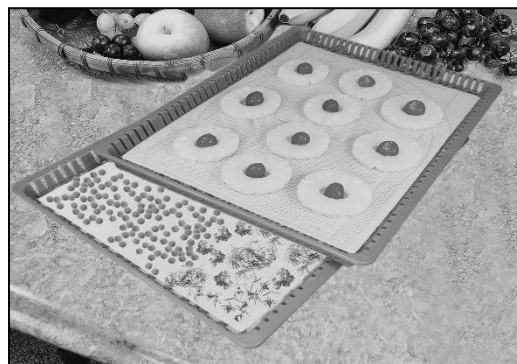


## ACCESSORIES AVAILABLE AT CABELA'S

You can dehydrate all types of foods and items with your dehydrator including meats, fruits, vegetables, plants, flowers and herbs. The following is a list of accessories available at Cabela's that can assist for your Cabela's Dehydrator:



**Fruit roll-up trays 6-pack**  
Make easy, healthy snacks without extra sugar or additives.  
(Item #04556294)



**Non-stick mesh screens 6-pack**  
Prevent smaller items like berries, herbs and spices from falling through tray slots during drying process. (Item #04306441)



**9" Jerky Pistol (Item #04048196)**  
**15" Jerky Blaster (Item #04048641)**  
Make ground meat jerky or flavorful snack sticks.



**15" ELECTRIC Jerky Blaster (Item #04201564)**  
Let the motorized power do the work. Make ground meat jerky or flavorful snack sticks.

**Quickly and easily turn a cut of meat into uniform jerky slices in seconds.**



**Manual Jerky Slicer**  
(Hand Cranked)  
(Item #04202098)



**Jerky Slicer Attachment**  
for Commercial-grade Grinders  
(Item #04202115)

## Recipes

### Italian Herb Blend

#### Ingredients

- |                                  |                               |
|----------------------------------|-------------------------------|
| 1 TBLS dried Oregano leaves      | 1 TBLS dried onion (powdered) |
| 4 dried cloves garlic (powdered) | 1 TBLS dried Basil leaves     |

Combine all the herbs in a glass jar with tight lid. Use to flavor sauces & soups

### Brian's Best Beef Jerky

#### Ingredients

- |   |                             |
|---|-----------------------------|
| • 2 pounds flank or beef round steak, cut into thin strips 1/4" thick | • 1 tsp ground black pepper |
| • 1/4 cup soy sauce   | • 1 tsp meat tenderizer     |
| • 2 TBLS Worcestershire sauce   | • 1 tsp garlic powder       |
| • 2 TBLS liquid smoke   | • 1 tsp onion powder        |
| • 2 TBLS brown sugar  | • 1 tsp paprika             |
| • 2 tsp salt  |                             |

#### Directions

1. Place beef strips in the bottom of a large bowl. Pour soy sauce, Worcestershire sauce, liquid smoke, brown sugar, salt, pepper, meat tenderizer, garlic powder, onion powder, and paprika over beef. Mix to assure all the meat is evenly coated. Cover and marinate in the refrigerator for 8 hours or overnight.
2. Remove meat from bowl and pat dry to remove any excess moisture.
3. Arrange the meat strips on the tray of a dehydrator without overlapping and leaving at least 3/4" between pieces.
4. Dry and store using the chart and guidelines in this manual.

### Original Deer Jerky

#### Ingredients

- |                                  |                         |
|----------------------------------|-------------------------|
| • 1 pound boneless venison roast | • 1/4 tsp pepper        |
| • 4 TBLS soy sauce               | • 1/4 tsp garlic powder |
| • 4 TBLS Worcestershire sauce    | • 1/4 tsp onion salt    |
| • 2 TBLS liquid smoke flavoring  | • 1/2 tsp salt          |
| • 1 TBLS ketchup                 |                         |

#### Directions

1. Slice meat into long strips, 1 inch wide and 1/4 inch thick. In a large releasable plastic bag, combine soy sauce, Worcestershire sauce, liquid smoke, ketchup, pepper, garlic powder, onion salt and salt. Place meat in and close bag. Refrigerate overnight. Knead occasionally, to evenly distribute marinade.
2. Remove meat from bag and pat dry to remove any excess moisture.
3. Arrange the meat strips on the tray of a dehydrator without overlapping and leaving at least 3/4" between pieces.
4. Dry and store using the chart and guidelines in this manual.

## Recipes (Cont.)

### Spicy Jerky Marinade

#### Ingredients

- 2 pounds flank or beef round steak
- 1/4 tsp cracked pepper
- 1/4 tsp cayenne pepper
- 1 tsp onion powder
- 2 tsp salt
- 2 cloves crushed garlic
- 2 TBLS steak sauce
- 3 TBLS Worcestershire sauce
- 1/2 tsp paprika

#### Directions

1. Combine ingredients and rub thoroughly into meat. Marinade overnight. Drain in sieve or colander.
2. Arrange the meat strips on the tray of a dehydrator without overlapping and leaving at least 3/4" between pieces.
3. Dry and store using the chart and guidelines in this manual.

### Adam's Hawaiian Jerky Marinade

#### Ingredients

- 2 pounds flank or beef round steak
- 1 tsp salt 1 tsp ground ginger
- 1 TBLS brown sugar
- 1/4 tsp pepper
- 1/8 tsp cayenne pepper
- 1 crushed garlic clove
- 1/4 cup pineapple juice
- 1/4 cup soy sauce

#### Directions

1. Combine ingredients and rub thoroughly into meat. Marinade overnight. Drain in sieve or colander.
2. Arrange the meat strips on the tray of a dehydrator without overlapping and leaving at least 3/4" between pieces.
3. Dry and store using the chart and guidelines in this manual.

### Wild Bill's Fish Jerky

It is important to use the freshest and leanest fish when making fish jerky. Cod is a popular choice. The fish must be de-scaled, deboned, and cut into fillets before marinating.

#### Marinade

- 4 lbs. fish
- 1 cup boiling water
- 2 TBLS teriyaki sauce
- 3 TBLS Old Bay seasoning
- 1 cup light brown sugar
- 3/4 TBLS liquid smoke

#### Directions

1. Combine ingredients and mix to dissolve completely.
2. Add enough fish so that all pieces are completely covered.  
Marinate overnight in the refrigerator for best results.
3. Arrange the meat strips on the tray of a dehydrator without overlapping and leaving at least 3/4" between pieces.
4. Dry and store using the chart and guidelines in this manual.

## Recipes (Cont.)

### Golden Goose Jerky

#### Ingredients

- 4 pounds (about 2 quarts) skinless goose breast fillets, trimmed of all gristle, fat, and silver skin
- 3 TBLS coarse salt
- 1 cup brown sugar
- 1 cup water
- 3/4 cup soy sauce
- 1/2 cup Worcestershire sauce
- 2 TBLS garlic powder
- 2 TBLS chili powder
- 3 TBLS coarsely ground black pepper
- 2 TBLS red pepper flakes

#### Directions

1. Combine ingredients and mix to dissolve completely
2. Marinate overnight in the refrigerator for best results
3. Arrange the meat strips on the tray of a dehydrator without overlapping and leaving at least 3/4" between pieces
4. Dry and store using the chart and guidelines in this manual.

### Bob n' Bob's Turkey Jerky

#### Ingredients

- 2 pounds cooked lean Turkey Breast
- 1 tsp salt
- 1 tsp ground black pepper
- 1 TBLS brown sugar
- 1/4 cup Worcestershire sauce
- 1/4 cup soy sauce
- 1 tsp liquid smoke

#### Directions

1. Combine ingredients and mix to dissolve completely
2. Marinate overnight in the refrigerator for best results
3. Arrange the meat strips on the tray of a dehydrator without overlapping and leaving at least 3/4" between pieces
4. Dry and store using the chart and guidelines in this manual.

### Ground Meat Jerky

#### Ingredients

- 1 pound lean ground beef
- 1/2 cup soy sauce
- 1 tsp liquid smoke
- 1/2 tsp onion powder
- 1/2 tsp garlic powder
- 1 tsp salt

1. In a glass bowl, combine all ingredients and refrigerated for at least two hours.
  2. Follow jerky Pistol or Blaster instructions.  
NOTE: You'll find it is recommended to add at least 1/2 cup cold water per pound of ground meat to keep the mixture fluid enough to glide through jerky gun nozzle easily.
  3. Load the mixture in the jerky gun and use the gun to load your dehydrator trays. It is recommended to use mesh inserts or fruit leather trays, as this mixture will be softer.
- Dry and store using the chart and guidelines in this manual.

## Recipes (Cont.)

### Dehydrator Sun Dried Tomatoes

#### Ingredients

- Approx. 2lbs of Roma tomatoes
- 2 TBLS olive oil
- 1 TBLS each: dried basil, celery salt, lemon pepper

#### Directions

1. Slice tomatoes in half (long ways)
2. Gently toss in oil and spices.
3. Arrange cut side up on tray leaving space between for air circulation.
4. Dry at 125°-140° 8-12 hours.
5. Dried tomatoes will reduce in size, become deep red, leathery, but not tacky.
6. Remove tomatoes from the dehydrator and allow them to cool thoroughly.
7. Pack tightly in freezer bags, vacuum sealed bags, plastic containers, or jars.

### Creamy Mushroom Soup

#### Ingredients

- 1-1/2 cups dried Mushrooms
- 1/2 cup dried Onions
- 2 cups hot Beef bouillon
- Dried Parsley for garnish

#### Directions

1. Sauté mushrooms and onions in margarine in a heavy saucepan for 5 minutes, stirring occasionally. Set aside
2. Combine bouillon, milk, salt and flour. Blend until smooth.
3. Pour over sautéed mushrooms and onions.
4. Cook and stir 5-10 minutes longer until slightly thickened. Garnish with dried parsley.

### Vegetable Soup

#### Ingredients

- |                               |   |
|-------------------------------|---|
| • 4 cups vegetable stock      | • 1/2 cup dried green beans                 |
| • 2 TBLS dried celery         | • 1/4 cup dried onion                       |
| • 2 cloves garlic             | • 1/2 cup diced hash browns                 |
| • 2 TBLS olive oil            | • 1/2 cup dried shredded cabbage (optional) |
| • 1/2 tsp dried Italian herbs | • 1 can of great northern beans, or choice  |
| • Salt and pepper to taste    | • 1 cup egg noodles                         |

#### Directions

1. Boil water to re-hydrate items above. When they plump-up, add the olive oil to a heavy pan on medium heat.
2. Add the onion and celery, cook for about 5 minutes.
3. Add the vegetable stock, garlic – crumbled finely, carrots, potatoes, noodles and herbs. Simmer for 10 min.
4. Add the rinsed beans, and simmer just to warm them through.

## Recipes (Cont.)

### Oranges to Apples Fruit Roll Ups

#### Ingredients

- 1-1/2 cups plain applesauce
- 1 small Apple, peeled, cored and chopped
- 2 tsp dried orange, ground
- 2 tsp Vanilla

#### Directions

1. In a blender, puree all ingredients.
2. Pour onto Fruit Roll up trays inserts sheets (be careful not to over fill).
3. Dry at 135°F for 4 to 8 hours, or until leathery and pliable.

Let cool, peel and roll in plastic wrap to store.

### Strawberry Roll Ups

#### Ingredients

- 1 quart Strawberries, washed & cored
- juice of 1/2 Lime
- 2 TBLS Honey
- optional Drop of Rum extract, for Daiquiri flavor

#### Directions

1. In a blender, puree all ingredients.
2. Fill Fruit Roll up trays inserts sheets (be careful not to over fill).
3. Dry at 135°F for 4 to 8 hours, or until leathery and pliable.

Let cool, peel and roll in plastic wrap to store.

### Honey Glazed Banana Chips

#### Ingredients

- 4 Bananas peeled and sliced ¼" pieces
- ¼ cup honey mixed with ¼ cup water

#### Directions

1. Place each tray on paper towel.
2. Dip small batches of banana slices into honey mixture.
3. Arrange onto tray and let drain on paper towel a few minutes before stacking onto dehydrator.
4. Dry 10-12 hours until dry and leathery

**NOTE:** Dried bananas will not be as crisp and sweet as you find in store. Only deep frying can give you that type of crispness. Commercially prepared banana chips are usually deep fried in oil (mainly coconut) and even sometimes dipped in a sugar syrup.

## Recipes (Cont.)

### Cinnamon Apple Chips

#### Ingredients

- 8 medium apples – Sliced very thin
- 2 TBLS lemon juice
- 1 tsp cinnamon
- 2 tsp sugar

#### Directions

1. Wash, peel (if desired), and core the apples. Slice them as thinly as possible.
2. In an extra-large bowl - toss slices with lemon juice.
3. Mix in the cinnamon and sugar. Try to distribute the cinnamon and sugar as evenly as possible. Rub into the individual slices by hand if necessary.
4. Place the apple slices on the dehydrator trays making sure there isn't any overlap.
5. Bake at 135F° for 10 to 12 hours. After 3 hours, flip the chips over so that they don't stick to the trays. After 10 hours, check and remove those that are done. If a chip is still fairly flexible, leave it to dehydrate for another two hours. Remove when crispy.
6. Eat immediately, or store in airtight container.

### Crispy Kale Chips

#### Ingredients

- 1 bunch Kale
- Olive oil
- pinch of cumin
- Juice of ½ lemon
- dried garlic powder or minced
- sea salt

#### Directions

1. Wash the kale and then cut it into 3 inch long strips.
2. Put the sliced kale in a large bowl and add the olive oil, sea salt, minced garlic, lemon juice, and cumin, all to taste.
3. Use your hands to massage the ingredients into the kale. Let marinate for 10 to 20 minutes: the kale leaves should wilt slightly.
4. Space marinated kale on a dehydrator trays evenly. It is recommended to use nonstick mesh screens available at Cabela's
5. Dehydrate for approx. 2-4 hours at 125° F, or 4-6 hours at 115° F until crispy

### Watermelon Candy

#### Ingredients

- 1 medium-sized watermelon
- sea salt

#### Directions

1. Cut watermelon into wedges and then into 1/4" thick slices. Sprinkle with sea salt.
2. Place the slices on your dehydrator.
3. Set your dehydrator to 140°F (60°C) and dry overnight (approx. 10 hours).
4. Remove dried watermelon from racks and store in air tight container.
5. It is recommended to use nonstick mesh screens available at Cabela's, so that the dried watermelon slices are easier to remove.



## Recipes (Cont.)

### Spicy-N-Sweet Potpourri

#### Ingredient

- 1 cup dried rose petals
- 1 Tbsp. whole cloves
- 1/3 tsp. ground cloves
- 1/4 cup dried lavender blossoms
- 1 stick cinnamon, crumbled
- 1/8 cup dried rosemary
- 1/8 cup dried chamomile
- 1/4 tsp. ground nutmeg
- 1/2 cup dried grated orange peel
- 2 drops rose oil
- 1 tsp. powdered orrisroot
- 1 drop orange oil
- 1 drop lavender oil
- 1/2 cup dried flower petals (for color)

#### Directions

1. Combine everything except oils in a bowl. Gently toss to mix
2. Sprinkle oils lightly over mixture.
3. Toss slightly to spread the oils evenly.
4. Dehydrate for 4-12 hours at. Makes approx. 2 cups potpourri.

### DOUGH ART

#### Ingredient

- 2 cups flour
- 1 cup water
- 1 cup salt

#### Directions

1. Mix flour and salt together, gradually add water. Blend mixture by hand.
2. Knead by hand 2 or 3 minutes into a pliable, moist dough ball.
3. Roll dough floured surface, adding flour to the top of the dough so it will not stick. Keep surface well floured as you roll and turn dough. Roll out or cut into pieces
4. Using cookie cutters or hand form shapes or beads. (be sure to make a hole at top of shape for hanging ornaments or beads)

It is recommended to use Fruit roll up tray inserts (Item# 04556294) to dry shapes or beads. Dust inserts with flour and leave ample space between shapes.

Dehydrate for 4-12 hours between 95-115°F. It's better to over-dry them.

### LIVER BITES – DOG TREATS

#### Ingredient

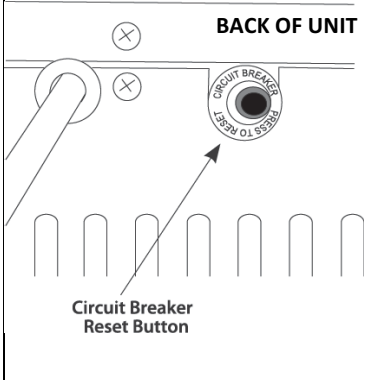
- 3 pounds liver

#### Directions

1. Rinse the large pieces of liver and pat dry.
2. Slice into manageable single-treat size pieces (approx. 1/2" thick)
3. Arrange on the dehydrator trays leaving space between them for the air to circulate.
4. It is recommended to use nonstick mesh screens (Item# 04556306) so they do not slip through cracks of tray while wet stage.
5. Dry at 110 °F checking after 10-12. You want them to be fully dry, but not so much that they crumble. A jerky consistency is ideal.

## TROUBLE SHOOTING GUIDE

All Cabela's Dehydrators are checked for any electrical or mechanical problems. They are shipped in perfect working order. If you see any damage to the machine due to rough shipping you must report it to the shipper or store you purchased from. **Technical support may be contacted at 855-939-7263(toll free) or 216-455-1101 from 9am-5pm Eastern Standard Time.**

Problem	Answer
Unit does not turn on, or shuts off while running, what do I do?	<p><b>1)</b> Check the reset button/circuit breaker on the unit, located on the back panel near the power cord.</p> <p>If the reset button/circuit breaker has been tripped, turn the power switch to the off position and unplug your unit. Press the reset button for 5 seconds. Plug the unit back in. Turn the power switch to the on position.</p> <p><b><i>If this does not work proceed to Step 2</i></b></p>
	<p><b>2)</b> Check the wall outlet for power. You can do this by plugging in a different electrical device into the same outlet. If that device does turn on go to the next step. If it does not turn on, proceed to step B.</p> <p><b>a)</b> Make sure that there are no other electrical devices running on the same circuit as the outlet you are using for the dehydrator.</p> <p><b>b)</b> Check your main circuit breaker box to make sure that the circuit breaker has not tripped. If your circuit breaker has been tripped, reset the breaker.</p> <p><b>c)</b> Make sure you are NOT using an extension cord. Plug your dehydrator directly into an outlet with a designated circuit.</p>

## QUESTIONS & ANSWERS

**Q:** Some items on the drying tray seem to dry faster than other items on the same tray, what should I do?

**A:** *Make sure all food items are cut to the same thickness and are evenly spread out on the tray.*

**Q:** My apples and pears have darkened to a brown color, are they safe to eat?

**A:** *Yes. Fruits that have turned a brownish color are safe to eat. Many different fruits will oxidize during the drying process. Oxidation happens when the flesh of the fruit is exposed to air. By pretreating fruits, oxidation is reduced.*

**Q:** My fruit leathers are very thin. How can I make them thicker?

**A:** *Juicy fruits, such as strawberries, can be too runny to produce a thick, chewy leather. By simply adding a banana when pureeing, the mixture will become thick and so will the fruit leather. Pour 3/4 to 1 cup of puree on each tray and allow it to spread out. The poured puree should be 1/4" thick at the edges of the tray.*

- Fruit Roll-Up Trays and Mesh Drying Screens are sold separately and available at Cabela's (see page 23).

## **1-Year Limited Warranty**

### **Save this warranty information for your records.**

*Blue Sky Innovation Group, Inc. ("Blue Sky") warrants to the ORIGINAL RETAIL PURCHASER of this product that if the product is operated in accordance with the printed instructions accompanying it, then for a period of one (1) year from the date of purchase, it shall be free from defects in material and workmanship.*

*The Warranty Card included in the packaging with the product must be fully filled out and received by Blue Sky, along with a copy of the original receipt, within 30 days from purchase date for the warranty to apply. Failure to send the completely filled out Warranty Card and a copy of the original receipt will void the warranty.*

*Blue Sky will repair (or at its discretion, replace) the product free of charge, if in the judgment of the company, it has been proven to be defective as to seller's labor and material, within the warranty period.*

*New or rebuilt replacements for factory defective parts will be supplied for one (1) years from the date of purchase. Replacement parts are warranted for the remainder of the original warranty period.*

*LIMITATIONS: The warranty is void if the product is used for any purpose other than that for which it is designed. The product must not have been altered, repaired, or serviced by anyone else other than Blue Sky. If applicable, the serial number must not have been altered or removed. The product must not have been subjected to accident in transit or while in the customer's possession, misused, abused, or operated contrary to the instructions contained in the instruction manual. This includes failure caused by neglect of reasonable and necessary maintenance, improper line voltage and acts of nature. This warranty is not transferable and applies only to original U.S. and Canadian purchasers.*

*Except to the extent prohibited by applicable law, no other warranties, whether expressed or implied, including warranties of merchantability and fitness for a particular purpose, shall apply to this product. Under no circumstances shall Blue Sky be liable for incidental or consequential damages sustained in connection with product and Blue Sky neither assumes nor authorizes any representative or other person to assume for it any obligation or liability other than such as is expressly set forth herein. Any applicable implied warranties are also limited to the one (1) year period of the limited warranty.*

*This warranty gives you specific legal rights, and you may have other rights which vary from state to state. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.*

*This warranty covers only the product and its specific parts, not the food or other products processed in it.*

*Before returning any product, contact Blue Sky Customer Service at 1-855-939-7263 or 216-455-1101 M-F 9:00 am-5:00 pm EST to obtain a Return Merchandise Authorization Number (RMA Number). Blue Sky will refuse all returns that do not contain this number. DO NOT RETURN THE UNIT WITHOUT PROPER AUTHORIZATION FROM BLUE SKY. The product must be delivered to or shipped to Blue Sky, in either its original packaging or similar packaging affording an equal degree of protection. Damage due to shipping is not the responsibility of Blue Sky.*

*For non-warranty repairs, Blue Sky charges a \$35.00 per hour bench charge. No non-warranty repairs will be started without the authorization of the customer. The return shipping cost to the customer will be added to the repair invoice.*

**Register your Product with Blue Sky Innovation Group  
by filling out and mailing the enclosed Warranty Card.**

**DO NOT DISCARD BOX OR PACKAGING MATERIALS.  
PRODUCT CANNOT BE RETURNED TO STORE  
WITHOUT ORIGINAL PACKAGING.**