



# INSTRUCTION MANUAL

## *FOOD DEHYDRATOR*

**MFD-500**



**PLEASE READ THIS INSTRUCTION CAREFULLY BEFORE USING THE PRODUCT!**

## Getting started

Remove all the packaging materials from the product.

Place the packing inside the box and either store or dispose of responsibly

## Safety Instruction

The following basic precautions should always be adhered to when using the electrical appliance.

PLEASE READ THIS INSTRUCTION CAREFULLY BEFORE USE AND RETAIN FOR FUTURE REFERENCE

1. This appliance is intended to be used in household and similar applications such as:
  - staff kitchen areas in shops, offices and other working environments;
  - farm houses;
  - by clients in hotels, motels and other residential type environments;
  - bed and breakfast type environments.
2. This food dehydrator is designed for DOMESTIC USE ONLY and is not suitable for commercial use. Do not use it for outdoors.
3. When using the food dehydrator ensures that it is on a flat, level and sturdy surface, ensure no risk that it may fall. Also that it can take the weight of the unit during use.
4. Failure to follow all the instructions listed may result in electric shock, fire or serious personal injury. The warnings, cautions and instructions discussed in this instruction manual cannot cover all possible conditions and situations that may occur while the product in use
5. Do not leave the food dehydrator unattended during use.
6. Always keep the food dehydrator out of children as they are unable to recognize the hazards associated with incorrect handling of electrical appliances.
7. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge. Unless they have been given supervision or instruction concerning use of the appliances by a person responsible for their safety.
8. Before plugging the food dehydrator into the mains electrical supply, check that the voltage and power supply **120VAC 60Hz** comply with the specifications on the food dehydrator's rating label.
9. Make sure that the food dehydrator is switched off and remove the plug from the mains electrical supply when it is not in use; before it is cleaned and whilst it is being repaired.
10. Ensure that the food dehydrator and power cord is not hung over sharp edges and keep away from hot objects and open flames; otherwise the plastic will melt and cause a fire.
11. Under no circumstances should the food dehydrator or plug be immersed in water or any other liquid. Do not use the appliance with wet hands.
12. Check the food dehydrator and power cord regularly for damage.
13. Do not use the food dehydrator should there be damage to the plug or cord, following a malfunction, or after it has been dropped or damaged in any way.
14. If the supply cord is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard. Improper repairs may place the user at risk.
15. None of the product's parts are dishwasher safe, unless explicitly specified otherwise.
16. Always turn the power off at the power outlet before you insert or remove a plug. Remove by grasping the plug; do not pull on the cord.
17. Do not use your appliance with an extension cord unless this cord has been checked and tested by a

qualified technician or service person.

18. Avoid contact with moving parts. Keep hands, hair, clothing, spatulas and other utensils away during operation to reduce the risk of injury to persons and/or damage to the machine.
19. Please don't keep it beside anything heating. Please keep the plug away from pressing; otherwise it will cause a fire or electric shock.
20. If you pass this appliance on to a third party, these operating instructions must also be handed over.

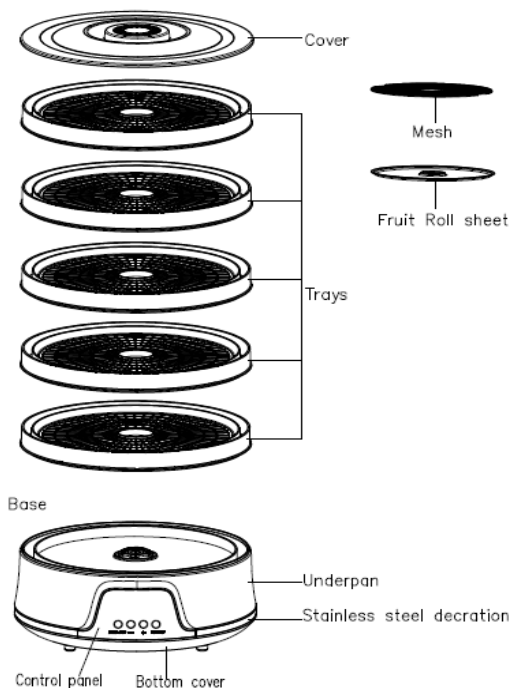
### Caution:

- To reduce the risk of electric shock, do not immerse or expose the product, flexible cord or plug to rain, moisture or any liquid.
- Do not use the product near baths, basins or other vessels containing water or other liquids, or when standing in or on damp or wet surfaces. Don't keep the device in the watery environment;
- Keep the device away the place of high temperature, ray and wetly.
- Don't operate the device with wet hands.
- Please turn off the power supply in the watery environment.
- In the event where the appliance is dropped into the water, turn off the power at the power outlet and remove the plug immediately. **DO NOT REACH INTO THE WATER TO RETRIEVE IT.**
- It is important to note that the appliance will have to be inspected by a qualified technician before using it again.
- **ATTENTION!** Do not run the appliance for more than 48 hours in one single use. After 48 hours, Unplug and let it cool down for at least 2 hours before operating again.
- Do not operate near gas spray cans.

## Technical specification

Normal Voltage: 120V, 60Hz

Normal Power: 450 W



### Mesh Tray:

Use for smaller items such as herbs and berries; and sticky items such as banana & tomatoes.

The mesh fits into the dehydrator trays to keep foods that get very small when dried, from falling through the tray grates. The mesh may also be used when drying foods that stick to the grates. Position the mesh on the dehydrator tray. Then place the food you want to dry on the mesh. Once the food is dehydrated, lift the mesh out of the tray, using the cutouts on the side of the screen. Remove food. Bending the mesh is helpful for removing foods that have a tendency to stick.

### Non-stick sheet (Fruit Roll Tray)

A fruit roll sheet should be used when making fruit rolls and strips from fresh, frozen, or canned fruit.

## Control Panel

Timer: "00.30"---"24.00"

Temperature : 95°F---160°F



## Feature of Dehydrator

This unit features an automatic fan, which circulates warm air producing a nice evenly dried device! Dried foods are a great treat to snack on because they hold almost all of their nutritional value and flavor.

- Perfect way to preserve fruit, snacks, vegetables, bread, flowers and more.
- Easy to clean BPA free trays.
- Exquisite round design, dry even, no rotation needed.
- Transparent cover allows you to check food situation during drying

## Before Use:

Remove the dehydrator trays and cover from the base and wash them according to the “Care and Cleaning”

After cleaning the unit must be run in for 30 minutes without placing any food for drying.

**Any smoke or smells produced during this procedure are normal. Please ensure sufficient ventilation. After the running in period, rinse the racks in water and dry all parts. This act is only necessary for the first time. (DO NOT WASH THE BASE!!!)**

## OPERATING INSTRUCTIONS

1. Set base, right side up, on a dry, level surface. In order to function properly, the dehydrator must have sufficient airflow; therefore, be sure the base and cover vents are not obstructed at any time. Never place dehydrator on carpet, a towel, or newspaper.
2. Put the clean food on the trays – Do not overload the trays and never overlap the food. Place clear cover over stacked trays.
3. **Note:** always start to load the food from the bottom tray to the top tray.
4. Plug cord into a 120VAC electrical outlet only. There is a beep sound at the beginning when it starts up, the four indicator lamp light up and the LED screen shows “---- ----”.
5. Press the **“STAR/STOP”** button, The LED screen will show default time setting **“10.00”** and temp setting **“160°F”**.

### To set temperature

Press the **“TIME/TEMP”** and the temperature in the display window will begin to flash. (if the time flashes, press the TIME/TEMP button again). Press the **“+”** or **“-”** buttons to select the desired temperature. To change the temperature rapidly, hold down the **“+”** or **“-”** buttons. The temperature range for this dehydrator is “95°F-105°F-115°F-125°F-135°F-145°F-160°F”.

### To set timer

1. Press the **“TIME/TEMP”** button and the **“10.00”** will begin to flash. (If the temperature flashes, press the TIME/TEMP button again).
2. Press the **“+”** or **“-”** buttons until the desired time is displayed. If you hold down the **“+”** or **“-”** buttons, the time will change rapidly. The timer range for this dehydrator is “00.30”---“24.00”

**Note:**

3 seconds after finish setting, the food dehydrator automatically confirms to work in current temp setup.

At any time, you can adjust the time or temperature by using the TIME/TEMP, +, and – buttons. You can stop the dehydrator at any time by pressing the START/STOP button.

The dehydrator will automatically shut off after the set time has expired, and the LED screen shows “----”.

**Fruit and vegetables dried in your food dehydrator will be different in appearance from those sold in health food stores and supermarkets. This is due to your food dehydrator uses no preservatives, no artificial coloring and only natural additives.**

Records of humidity, weight of produce before and after drying times, will be helpful to improving your drying techniques for the future.

**DRYING TIPS:**

Drying time for pre-treatment fruit will vary according to the following factors:

- 1) thickness of pieces or slices
- 2) number of trays with food being dried
- 3) volume of food being dried
- 4) moisture or humidity in your environment
- 5) your preferences of drying for each type of dried food

It is recommended to:

- Check your food every hour.
- Label food with contents dried, date and weight before drying. It will also be helpful to note the drying time for future reference.
- Pretreated food will give the best effect in drying.
- Correct food storage after drying also will help to keep food in good quality and save the nutrients.

**STORAGE Food**








- Store food only after they have cooled down.
- Food can be kept longer if stored in a cool, dry and dark place.
- Remove all the air you possibly can from the storage container and close tightly.
- Optimal storage temperature is 59°F or lower.
- Never store food directly in a metal container.
- Avoid containers that “breathe” or have a weak seal.
- Check the contents of your dried food for moisture during the weeks following dehydration. If there is moisture inside, you should dehydrate the contents for a longer time to avoid spoiling.
- For best quality, dried fruit, vegetables, herbs, nuts, bread should not be kept for more than 1 year, if kept in the refrigerator or freezer.
- Dried meats, poultry and fish should be stored for no more than 3 months if kept in the refrigerator, or 1 year if kept in the freezer.










## Temperature Settings

95°F  
115°F  
125°F  
135°F  
145°F  
160°F












## Uses











Herbs, Flowers, Dough  
Soft Vegetables  
Hard Vegetables  
Citrus Peel  
Fruit  
Meat Jerky, Fruit Rolls, Fish

Name	Preparation	Dryness test	Time, hours (approx.)
Apples 	Peel, core and cut slices or rings	Pliable	5-6
Apricots 	Cut in halves or in slices, remove pit	Pliable	12-38
Bananas 	Peel and cut into 3-4mm slices	Crisp	8-38
Cherries 	Pitting is optional, or pit when 50% dry	Leathery	8-34
Cranberries 	Chop or leave whole	Pliable	6-26
Red Dates 	Pit and slice	Leathery	6-26
Figs 	Slice	Leathery	6-26

<b>Grapes</b>		Leave whole	Pliable	8-38
<b>Nectarines</b>		Cut in half, dry with skin side down. Pit when 50% dry	Pliable	8-26
<b>Orange rind</b>		Peel in long strips	Brittle	8-16
<b>Peaches</b>		Pit when 50% dry. Halve or quarter with cut side up	Pliable	10-34
<b>Pears</b>		Peel and slice	Pliable	8-30
<b>Strawberries</b>		Cut into 3/8 inch slices, other berries whole	No moisture	8-26
<b>Artichokes</b>		Cut into 1/3-inch strips. Boil about 10 minutes	Brittle	6-14
<b>Asparagus</b>		Cut into 1-inch pieces	Brittle	6-14
<b>Beans</b>		Cut and steam blanch until translucent	Brittle	8-26
<b>Beets</b>		Blanch, cool, remove tops and roots, slice	Brittle	8-26



<b>Brussels sprouts</b>		Cut sprouts from stalk Cut in half length-wise	Crispy	8-30
<b>Broccoli</b>		Trim and cut. Steam tender, about 3-5 min.	Brittle	6-20
<b>Cabbage</b>		Trim and cut into 1/8-inches trips. Cut core into 1/4-inch strips.	Leathery	6-14
<b>Carrots</b>		Steam until tender. Shred or cut into slices	Leathery	6-12
<b>Cauliflower</b>		Stems blanch until tender. Trim and cut.	Leathery	6-16
<b>Celery</b>		Cut stalks into 1/4-inch slices	Brittle	6-14
<b>Chives</b>		Chop	Brittle	6-10
<b>Cucumber</b>		Pare and cut into 1/2-inch slices	Leathery	6-18
<b>Eggplant/ Squash</b>		Trim and slice 1/4-inch to 1/2-inch thick	Brittle	6-18
<b>Garlic</b>		Remove skin from clove and slice	Brittle	6-16
<b>Hot peppers</b>		Dry whole	Leathery	8-14

<b>Mushrooms</b>		Slice, chop, or dry whole	Leathery	6-14
<b>Onions</b>		Slice thinly or chop	Brittle	8-14
<b>Peas</b>		Blanch for 3-5 min.	Brittle	8-14
<b>Peppers</b>		Cut into 1/4-inch strips or rings. Remove seeds.	Brittle	4-14
<b>Potatoes</b>		Slice, dice or cut. Steam blanch 8-10 min.	Brittle	6-8
<b>Rhubarb</b>		Remove outer skin and cut into 1/8-inch lengths	No moisture	8-38
<b>Spinach</b>		Steam blanch until wilted	Brittle	6-16
<b>Tomatoes</b>		Remove skin. Cut in halves or slices.	Leathery	8-24
<b>Zucchini</b>		Slice into 1/4-inch pieces	Brittle	6-18
<b>Mangos</b>		Remove skin, slice 3/8" thick, Space out on dehydrator tray	Leathery	6-16

**Note:** Time and methods of fruit pre-treatment, shown in the table above should be used as a guide only. Customer preferences of vegetables drying might not be the same as shown in the table above.

# Fruit leather:

## Strawberry Fruit Rolls

You can substitute the strawberries for blackberries, blueberries or raspberries.

1 teaspoon vanilla extract

500g fresh strawberries, hulled, halved

300g apple puree

1. Set Dehydrator to 160°F.

2. Place all the ingredients in the jug of a blender or bowl of a food processor. Process until smooth.

3. Spoon puree evenly onto greased fruit roll up tray.

4. Place in Dehydrator. Leave for 6-9 hours or until pliable. Roll up each fruit piece to form a log.



## Mango Fruit Rolls

800g sliced mango in natural juice, drained

1. Set Dehydrator to 160°F.

2. Place mango in the jug of a blender or bowl of a food processor. Process until smooth.

3. Spoon puree evenly onto greased fruit roll up tray.

4. Place in Dehydrator. Leave for 6-8 hours or until pliable. Roll up each fruit piece to form a log.

Fruit rolls make delicious snacks ready to have on hand. Here are some hints to ensure perfect fruit rolls:

### TIP

- Fresh or canned fruit can be used to make fruit rolls, simply substitute weight for weight. However, do not combine a mixture of canned and fresh fruit in the same roll up. If using fresh fruit, make sure it is of good quality without soft or discoloured patches.
- If using fresh fruit, you will need to peel and cook it first so that it can be pureed in a blender for the preparation required to make rolls.
- The prepared fruit must be evenly spread over the fruit roll trays to ensure even drying times.
- The fruit should be spread to an even thickness of about 5mm. The fruit, once pureed, needs to be a spoonable consistency. If the mixture is too runny the end result will be affected.
- If mixture is too runny, you can add pureed apple or pear to the mixture to make up the desired consistency.
- Make sure the fruit rolls are dried continuously at the recommended temperature and time.
- Once dried, the fruit rolls should be pliable and without any soft or sticky patches on top or underneath.
- Remove fruit rolls from trays when still warm and roll up to form logs.
- Wrap in non-stick baking paper and store in an airtight container in a cool, dark place for up to 1 week. Do not store in the fridge as the fruit rolls need to be stored in a moisture-free area to maintain a pliable, chewy texture.
- Suitable fruits for rolls include: Apple, apricot, berries, cherries, mango, peaches, pears, and plums.

# Jerky:

## Beef jerky

Makes: 250g

Preparation: 10 mins (+ 12 hours marinading time)

Drying: 5 hrs

500g beef fillet or sirloin, excess fat trimmed

½ cup soy sauce

½ cup Worcestershire sauce

1 teaspoon salt



1. Place beef in a shallow glass dish. Pour over combined sauces and salt. Cover with plastic wrap and place in the fridge, turning occasionally, for 12 hours to marinade. Drain. Discard marinade.

2. Use a large sharp knife to cut beef fillet across the grain into 5mm-thick slices. Arrange beef on drying racks. Dry on 160°F for 5 hours, rotating racks halfway through drying process, for 5 hours.

## Fish Jerky

2 cups water

2 cups brown sugar

1 cup salt

¼ cup soy sauce

4 fillets firm white fish or salmon, skin removed

2 teaspoons paprika, optional

1. Combine water, sugar, salt and soy sauce in a saucepan over medium heat. Stir until all sugar has dissolved. Set aside until room temperature.

2. Cut fish into 2cm thick strips. Place in cooled marinade. Cover and refrigerate overnight or for at least 6 hours.

3. Set Dehydrator to 149°F.

4. Drain salmon. Lay salmon across the Dehydrator shelves in a single layer.

5. Place in Dehydrator. Leave for 8 hours. Store in airtight container in refrigerator for up to 1 week.

TIP: Remember if you are using salmon or any other high fat fish, the shelf life will be significantly reduced.

## TIP

- Choose lean meat without much marbling (fat distributed throughout meat).

IMPORTANT: Meat must be of the highest quality and marinated on day of purchase.

- Marinate the meat in its whole form and slice after marinating. The marinade needs to be salty (see Beef jerky recipe) as this helps draw moisture from the meat reducing the water content and making the meat safe to consume.

- Store the marinated meat in the fridge for up to 12 hours. Drain well.
  - The meat needs to be sliced thinly and each slice needs to be of equal thickness, preferably 5mm. You can achieve this with a deli-style meat slicer.
  - Sometimes partially freezing the meat first, and then slicing it makes slicing easier. Then thaw meat before arranging on trays to dry.
  - Always slice the meat across the grain. Meat sliced with the grain falls apart and can have a chewy texture.
  - Dehydrated meat needs to be stored in an airtight container in the fridge for up to 3-4 weeks. If wanting to store for a longer period, label, date and freeze for up to 3 months. Thaw in fridge overnight.
  - Once the drying time is complete, cool beef to room temperature and pat surface dry with a paper towel to remove any excess surface moisture and ensure keeping times are safe.
- IMPORTANT: Meat must be stored in the fridge or freezer only. Storing meat at room temperature could promote the growth of bacteria if not dried thoroughly.

## Cheesy Kale Chips

The ingredients may not look cheesy but the flavor comes from the yeast and miso paste.

2 bunches kale, washed, roughly torn

1 cup nutritional yeast

1 cup white miso paste

2 tablespoons extra virgin olive oil

1 teaspoon sea salt

2 cloves garlic, crushed



1. Set Dehydrator to 125°F.
  2. Combine yeast, miso, oil, salt and garlic. Stir to form a paste.
  3. Rub kale leaves with miso mixture. Place on Dehydrator shelves.
  4. Place in Dehydrator. Leave for 12-13 hours or until crispy. The length of time will depend on the thickness of the kale leaves.
- Store in an airtight container for up to one week.

# Cheesy Bread

1 cup warm water  
2 tablespoons sugar  
1 tablespoon yeast  
4½ cups flour  
⅓ cup olive oil  
1 tablespoon dried oregano  
2 teaspoons salt Filling: 500g bacon, cooked  
2 cups grated mozzarella cheese  
1 cup grated cheddar cheese



1. Set Dehydrator to 95°F. Line a Dehydrator shelf with baking paper.
2. In a jug combine water, yeast and sugar. Place jug in Dehydrator for 10 minutes. The yeast should be bubbly.
3. Place flour, olive oil, oregano and salt on a work surface. Form into a mound and make a well in the center.
4. Add the liquid ingredients and slowly bring the flour into the center to form a dough. Knead for about 5 minutes or until the dough is elastic and smooth.
5. Lightly grease a large bowl with oil. Place dough in the bowl and place in Dehydrator. Leave for 1 hour or until doubled in size.
6. Remove from the bowl and knead quickly for 1 minute.
7. Roll dough out into a large rectangle. Cover the dough with bacon and cheese. Roll up, using the widest side, into a cylinder. Bring the two ends of the dough together to form a circle. Pinch dough together to seal.
8. Place on a lined Dehydrator shelf. Place in Dehydrator. Leave for 30 minutes. At this point preheat oven to 392°F..
9. Remove dough from Dehydrator and place on metal baking tray. Bake for 20 minutes or until golden and cheese is bubbling.

# Nutty Quinoa Granola

- 2 cups quinoa, soaked for 2 hours
- 1 cup pecans, soaked for 2 hours
- ½ cup pumpkin seeds, soaked for 2 hours
- ½ cup sunflower seeds, soaked for 2 hours
- ⅓ cup maple syrup
- 2 teaspoons ground cinnamon
- 1 teaspoon ground mixed spice
- 1 teaspoon vanilla extract
- 1 teaspoon sea salt
- 2 tablespoons coconut oil
- 6 medjool dates, stones removed, roughly chopped



1. Set Dehydrator to 145°F. Line non-stick sheet on tray.
2. Drain quinoa, pecans, pumpkin and sunflower seeds.
3. In a large bowl combine all ingredients. Make sure all ingredients are coated in oil and syrup.
4. Spread evenly over 2 Dehydrator shelves.
5. Place in Dehydrator. Leave for 24 hours or until crunchy. Place in airtight container.

# Apricot Coconut Cookies

- 2 cups dried dates, stones removed
- 1 cup almond butter
- 1 cup dried apricots
- 1 cup shredded coconut
- ½ teaspoon salt



1. Set Dehydrator to 160°F..
2. Place all ingredients in the bowl of a food processor. Pulse until a chunky paste has formed.
3. Form mixture into 1 tablespoon sized balls. Place on Dehydrator shelves. Press down to flatten.
4. Place in Dehydrator. Leave for 7-8 hours or until firm. Store in an airtight container for up to one week.

## Care and Cleaning

1. Remove plug from wall outlet and let it cool down before cleaning.
2. Wash the dehydrator trays and cover in warm water and a mild detergent .The fruit roll trays and the mesh should be washed in warm, sudsy water. Do not wash these parts in a dishwasher. Do not clean the appliance with aggressive chemicals or abrasives in order not to damage the surface.  
If necessary, a soft brush may be used to loosen dried on food particles. Do not use steel wool scouring pads or abrasive cleaners on any of the dehydrator parts.
3. Wipe the dehydrator base with a soft, damp cloth.

**WARNING!** Do not spill or allow liquid, including marinade, to drip into the base of the unit as it may damage the product.

**Do not wash the BASE in a dishwasher or immerse it in water or any other liquid!!!**

Before stacking the trays onto the base for storage, turn the base upside down and wrap the cord around the bottom cover center hub, securing the cord under the clips.

Dry all parts with a dry cloth before storing the dehydrator.

## SAVE THIS INSTRUCTION !



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