

Healthy Choice™
FD333

FOOD DEHYDRATOR

6 TRAY LAYERS



Model no: FD333 | Batch no: PR4308

PLEASE READ AND RETAIN THESE INSTRUCTIONS FOR FUTURE REFERENCE.

THIS APPLIANCE IS INTENDED FOR HOUSEHOLD USE ONLY.

INTRODUCTION:

This 6 Tray Food Dehydrator allows you to prepare a wide range of dehydrated snacks as the appliance does all the dehydrating for you while you tackle the rest of life's time-consuming tasks. With an adjustable thermostat range of 35°C – 70°C, accounting for different drying temps for a variety of foods, the perfect snack is on its way in a few hours. The drying system eliminates tray rotation, while ensuring the heated air is circulated through all compartments for consistent, even drying across all six levels. Simply set the temperature, turn the switch on, set a mobile reminder based on the cooking guide, and walk away. It's that easy.

Experience anything from delicious banana chips, all-natural fruit leathers and authentic beef jerky, with our dehydrator's 6-tray capacity. The simple transparent door slides into and out of the front of the dehydrator, allowing ease at viewing the progress of the dehydration process while securing the heated air within.

Enjoy one complimentary solid food dehydrator sheet that can be used for fruit leathers, garlic powders and dehydrating other smaller-sized food items. The solid food dehydrator sheet also seconds as a drip collection tray when placed at the bottom of the food dehydrator. Additional solid food dehydrator sheets and mesh food dehydrator sheets are available for purchase.

Whether you're growing your own, or market-hopping, our 6 Tray Food Dehydrator will remove all water content from your fresh ingredients, presenting you with an array of healthy-eating options without sacrificing on taste or nutritional value. Save space in the kitchen and extend the shelf-life of your delicious, nutritious snacks.

Transforming one day's produce to tomorrow's perfect backpacking snack, the 6 Tray Food Dehydrator is your new kitchen essential.

SAFETY INSTRUCTIONS:

- This appliance is for household use only. It is not suitable for commercial use. It must only be used for its intended purpose.
- This appliance is for indoor use only, it is not suitable for outdoor use.
- 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 appliance by a person responsible for their safety. Children should be supervised to ensure that they do not play with the appliance.
- Never leave the appliance unattended when in use.
- 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.
- If the power cable is damaged, it must be replaced by a qualified electronics repairer to avoid a hazard. Never use a damaged appliance.
- Repairs to the food dehydrator should only be performed by a qualified electrician. Improper repairs may place the user at risk.
- Before use, check the voltage on the rating label matches the mains power supply.
- Place the appliance away from the edge of your worktop or table during use. Ensure surface is level, sturdy and dry.
- 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.

- 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 is in use.
- Do not let the power cable hang over the edge of the worktop or table, or touch any hot surfaces such as stovetops. Never pull or carry the appliance by the power cable.
- 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.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- 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.
- To protect against electric shock, do not immerse the appliance, power cable or plug in water or allow them to come into contact with water. Do not use the appliance with wet hands.
- Do not use abrasive cleaners or scourers as they will damage the appliance.
- None of the product's parts are dishwasher safe.
- Do not run the appliance for more than 20 hours in one single use. After 20 hours, Unplug and let it cool down for at least 2 hours before operating again.
- Do not operate near gas spray cans.
- Do not operate with vent blocked or closed at any time as this will interfere with proper air flow.
- Do not use oil sprays on the trays.
- Never use an unauthorized attachment.
- Improper use of the appliance can cause its damage and injury to its user.

BEFORE FIRST USE:

Before first use, wipe all parts of the appliance. Clean the 6 trays, transparent door and solid food dehydrator sheet with a lightly moistened cloth.

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

For the first use, any smoke or smells produced during this procedure are normal. Please ensure sufficient ventilation. After the running-in period, rinse the trays in water and allow them to dry.

USE:

1. Put the food on the trays. Secure the solid sheet at the bottom of the food dehydrator to catch loose crumbs. The solid sheet can also be used for fruit leathers, garlic powders and dehydrating other smaller-sized food items. Do not overload the trays and never overlap the food. Close the transparent door. Slide the transparent door upwards to open it. Push it down to close it.
2. Connect the power supply. Press the power switch to 'I' ON position – the indicator light will light up red.
3. Set the temperature dehydrator. Turn the temperature dial to your chosen temperature.

Note: Set low temperature for thin/small pieces of food or for a small load of food. Set high temperature for drying thick/big pieces of food and large loads. The thermostat can also be used to decrease the temperature as the food is near the end of its drying cycle making it easier to control the final moisture level in the food.

Temperature guide:

- Herbs 35-50°C

- Bread 40-45°C
- Yoghurt 45-50°C
- Vegetables 50-55°C
- Fruit and fruit rolls 60-65°C
- Meat, fish and jerky 65-70°C

NOTE: dry products following the guidelines of this manual.

4. When the temperature is set, the appliance will then begin the dehydration process.
5. When you finish using the appliance, turn off the unit (press the power switch to the '0' position). Allow the food to cool. Store the food items food containers/snap lock bags.
6. Unplug the unit from the power point when use is complete.

ADDITIONAL INFO:

- This dehydrator includes 6 drawer transparent trays and an overheat protection. The main body contains the heating element, motor, fan and thermostat.
- The air vents on the tray allow air to be circulated.
- Heated air comes from rear of the unit and flows into each tray evenly.
- Drying operation time can change depending on the moisture of the food.
- 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 colouring 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:

- thickness of pieces or slices
- number of trays with food being dried
- volume of food being dried
- moisture or humidity in your environment
- your preferences of drying for each type of dried food

It is recommended to:

- Frequently check the progress on the dehydrating food.
- Label the food with contents dried, date and weight before drying. It will also be helpful to note the drying time for future reference.
- Pre-treat the food to give the best effect in drying.

To obtain a quality dried product, you must first ensure that the produce to be dried is of the highest quality available, both fresh, and fully ripe. Inferior or spoiled produce will produce a poor dried product. Unripe fruits will lack the necessary sugar content, and can have a bitter taste when dried, whereas over ripened fruits and vegetables will dry to become either tough and fibrous, or soft and mushy.

- Wash food products before putting them in the appliance. Do not put wet food products into appliance, rub them dry.
- Do not use the appliance sections if they are wet or have water in them, they need to be dry
- Slice off the spoiled parts of food products. Slice the products in such a way to situate them freely between the sections. The duration of drying products depends on the thickness of pieces into which they are.

DRYING FRUIT

- * Tree ripened fruit will contain the most natural sugars and will produce the best dried product.
- * Some of the fruit may be covered by its natural protective layer and that is why the duration of drying may increase. To avoid this, it is better to boil products for about 1-2 minutes and then put them in some cold water and dry them before adding to the appliance.
- * Wash the fruit.
- * Artificially waxed fruit should always be peeled. Peel other fruit if desired.
- * Take out the pit/seed/core and slice off the spoiled parts.
- * Slice into pieces which you can place freely between the sections.
- * Some fruit can be pre-treated for best results to prevent discoloration, see the pre-treating section.

DRYING VEGETABLES

- * Vegetables should be fresh and tender.
- * Wash the vegetables.
- * Peel vegetables if required.
- * Take out the pit/seed/core and slice off the spoiled parts.
- * Slice into pieces which you can place freely between the sections.
- * It is better to boil vegetables for about 1-5 minutes and then put them in some cold water and dry them before adding to the appliance. This is to destroy enzymes which produce bad flavours during the dehydration process.

DRYING MEDICINAL PLANTS

- * It is recommended to dry new leaves or stem cuttings.
- * After drying it is better to put medicinal plants in paper bags or glass jars and store in a dark dry place.

DRYING MEATS AND FISH

- * Fresh or frozen lean meat makes the best jerky. The lower the fat content the better.
- * Meats with high fat content like lamb and cured meats will have a shorter shelf life.
- * Pork must be well cooked before drying. Only use pre-cooked and processed ham.
- * Take extra precautions when preparing meat for drying as it is more susceptible to bacteria than fresh produce.
- * Wash hands, surfaces, utensils, chopping boards, crockery before and after handling.
- * Slice meat across the grain to increase tenderness.

PRE-TREATING

To best maintain the colour, flavour, and vitamins of the food when drying, it may be necessary to pre-treat before adding to the dehydrator. Please note that pre-treating is not a necessity of using the dehydrator. Experiment with pre-treated and non-pre-treated foods to see what works best for you. Pre-treating the foods varies on its type:

Fruit:

Naturally acidic solutions like pineapple or lemon juice can be used to reduce browning of soft fruits like apples, peaches, apricots, and pears that occurs due to oxidation when their flesh is exposed to the air. Simply slice the fruit directly into the juice for around 2 minutes before placing on the dehydrator trays. Dry them before adding to the appliance.

- TIP: Why not experiment with different juices, spices, honey, coconut or other flavours to create your own personalised dip.

Some fruit like figs, grapes, prunes, blueberries, and cranberries have a naturally protective wax coating that will cause them to dry out very slowly and thereby lose a lot

of their natural nutrition. For these fruit, it is necessary to dip them into boiling water

for 1-2 minutes before placing in the dehydrator, dry them before adding to the appliance. This will make the skin more porous, speeding up the drying time and retaining more vitamins.

Vegetables:

It is better to boil vegetables for about 1-5 minutes and then put them in some cold water and dry them before adding to the appliance. This is to destroy enzymes which produce bad flavours during the dehydration process.

- Steam blanching is the preferred method if available. Steam the sliced pieces for 2-3 minutes until heated through, but not cooked enough to eat.

- Microwave blanching in a covered microwavable container with a small amount of water - refer to your oven's cooking chart for cooking times.

- Boiled blanching for 3-5 minutes can be used if the above two are not available.

Ensure that the slices are transferred to the dehydrator trays as quickly as possible after blanching.

STORAGE OF DRIED FRUITS:

- * Containers for storage the dried products should be clean and dry.
- * For better storage of dried fruits use glass jars with metal lids and store in a dark dry place where the temperature should be 5-20 degrees.
- * During first week after drying check if there is any moisture in a container. If yes, it means that products are not dried well, and you should dry it again.

DEHYDRATING TIMES: FRUIT

The below times and preparation techniques are only a guide, personal preference can differ.

NAME	PREPARATION	CONDITION AFTER DRYING	DRYING TIME IN HOURS
Apple	Peel it. Remove the core. Slice into round pieces or segments	Soft	5 - 7
Apricot	Slice it and remove the pit	Soft	13 - 28
Banana	Peel it and slice it into round pieces 3 – 4 mm thick	Crispy	8 - 38
Blueberries	Arrange whole berries on the trays	Can vary between crispy and soft	36 - 42
Cherries	It is not necessary to remove the pit, it can be removed when the cherry is half dried	Hard	8 - 26
Cranberry	No need to slice	Soft	6 - 26
Dates	Take out the pit and slice	Hard	6 - 26
Figs	Slice it	Hard	6 - 26
Grapes	No need to slice	Soft	8 – 38
Mango	Slice into pieces	Can vary between crispy and soft	4 - 6
Orange peel	Slice into long strips	Fragile	8 - 16
Pear	Peel it and slice it	Soft	8 - 30
Peach	Slice into two pieces and remove the pit when it is half dried	Soft	10 -34
Pineapple – fresh	Peel it and slice into pieces of square segments	Soft	6 - 36
Pineapple - tinned	Pour out the juice and dry them	Soft	6 - 36
Raspberries	Arrange whole berries on the trays	Can vary between crispy and soft	24 - 28
Rhubarb	Peeled and sliced into pieces 3 mm thick	Crispy	8 - 15
Strawberries	Slice into thin pieces	Can vary between crispy and soft	8 - 10
Tomatoes	Slice into thin pieces	Can vary between crispy and soft	6 - 8

DEHYDRATING TIMES: VEGETABLES

The below times and preparation techniques are only a guide, personal preference can differ.

NAME	PREPARATION	CONDITION AFTER DRYING	DRYING TIME IN HOURS
Artichoke	Slice into strips 3-4mm thick	Fragile	5 - 13
Asparagus	Sliced into pieces 2.5mm thick	Crispy	6 - 14
Beets	Peel and then boil them. Let them cool down. Slice off the roots and the tops. Slice into round pieces 6mm thick	Crispy	8 - 26
Bell peppers	Sliced into thin strips	Crispy	10 - 12
Broccoli	Break into florets	Fragile	6 - 15
Brussel sprouts	Slice into halves	Crispy	8 - 30
Cabbage	Remove the outer leaves and the heart. Slice into thin strips	Fragile	7 - 11
Capsicum	Remove the stems and seeds and slice into thin strips	Can vary between crispy and soft	4 - 14
Carrots	Peeled and boiled until it becomes soft. Slice into round pieces	Crispy	8 - 14
Cauliflower	Boiled until soft	Hard	6 - 16
Celery	Sliced into pieces 6mm thick	Crispy	6 - 14
Champignons	Slice into pieces or dry whole	Hard and crispy	3 - 10
Cucumber	Peeled and sliced into round pieces 10 mm thick	Hard	6 - 18
Eggplant	Peeled and sliced into pieces 6 – 12 mm thick	Fragile	6 - 18
Garlic	Peeled and sliced into round pieces	Crispy	6 - 16
Ginger	Washed and peeled. Slice into pieces 3 – 4 mm thick	Crispy	4 - 6
Green beans	Slice and boiled to soften	Fragile	8 - 26
Kale	Arrange whole leaves on the tray	Crispy	4 - 6
Mushrooms	Sliced into pieces 3 – 4 mm thick	Hard and crispy	4 - 10
Onion	Sliced into thin round pieces	Crispy	8 - 14
Parsley	Laid on the tray	Crispy	2 - 10
Potato	Peeled and boiled for 8 – 10 mins. Sliced into thin slices	Crispy	8 - 30
Spinach	Arrange whole leaves on the tray	Crispy	6 - 16
Sweet potato	Peeled and sliced thinly	Crispy	12 – 20
Zucchini	Peeled and sliced thinly	Crispy	18 – 24

PREPARING POULTRY, FISH MEAT AND GAME ANIMALS:

POULTRY

Before dehydrating, poultry needs to be fried until it is well cooked.

Dry for about 2-8 hours or till all moisture is gone.

FISH

Before dehydrating, fish needs to be baked in an oven.

Bake it for about 20 minutes with a temperature 200 degrees.

Dry for about 2-8 hours and till all moisture is gone.

MEAT AND GAME ANIMALS

Prepare: slice into small pieces and put into the appliance for about 2-8 hours or until all moisture is gone.

Drying meat into jerky

- Slice meat evenly into ¼" thick slices across the grain to increase tenderness.
- Remove any excess marbled fat which will spoil during storage.
- Place meat slices into a sealable container layer by layer seasoning each layer with at least 1 teaspoon of salt per pound of meat.
- Refrigerate for 6-12 hours, stirring occasionally.
- Place meat on paper towels to dry off excess oil before drying in the dehydrator.

CLEANING:

Unplug the dehydrator from the power supply and let it cool down before cleaning. Use a soft brush to remove any stuck-on food. Use paper towels to remove any excess marinade. If required, clean the surface of body with wet cloth. Dry all parts before storing the dehydrator.

Do not clean the appliance with aggressive chemicals or abrasives in order not to damage the surface.

None of the product's parts are dishwasher safe.

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