

Healthy Choice™
FD1218

FOOD DEHYDRATOR

5 TRAY LAYERS



Model no: FD1218

| Batch no: PR3786

**PLEASE READ AND RETAIN THESE INSTRUCTIONS FOR FUTURE REFERENCE.
THIS APPLIANCE IS INTENDED FOR HOUSEHOLD USE ONLY.**

INTRODUCTION:

This Basic Food Dehydrator allows you to prepare and dehydrate a variety of foods with just two simple touch buttons, so you can enjoy the ease of food dehydrating at home. Perfect for food dehydrating beginners, this 'converge-flow' drying system eliminates tray rotation, while ensuring the heated air is circulated through all compartments for consistent, even drying across all levels.

Experience anything from delicious banana chips, all-natural fruit roll-ups and authentic beef jerky, with our dehydrator's standard 5-tray layering. This food dehydrator can stack up to ten tray levels, perfect for making larger portion dehydrated snacks. Additional food dehydrator trays are available for purchase. The opaque, 'vita-save' exterior will assist in blocking excess light from entry into the unit, preventing the destruction of the food's all-important nutrient content.

Whether you're growing your own, or market-hopping, our Basic 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 cupboard and extend the shelf-life of your delicious, nutritious snacks.

Food dehydrating at home, simplified— for food dehydrator beginners to transform one day's produce, to tomorrow's perfect backpacking snack.

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.

- 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.
- 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 sieves.
- Never use an unauthorized attachment.
- Improper use of the appliance can cause its damage and injury to its user.
- The appliance is not intended to be operated by means of an external timer or separate remote-control system.

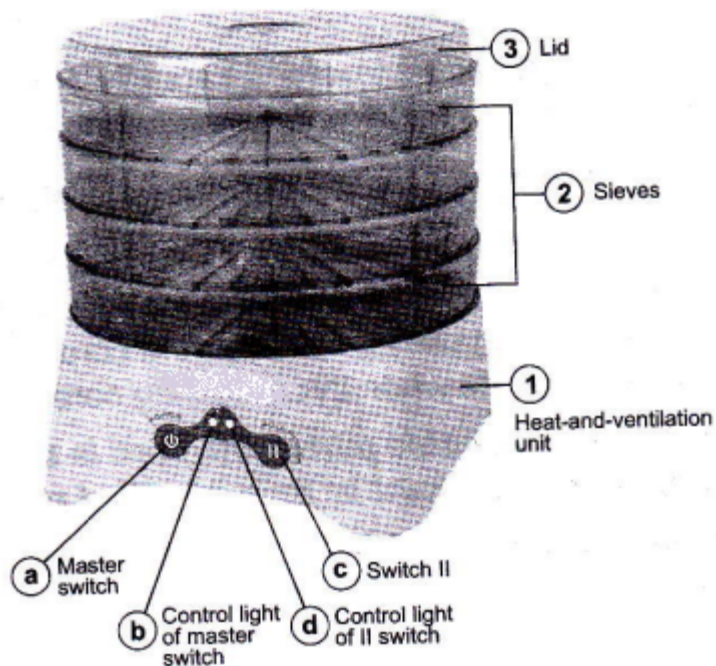
BEFORE FIRST USE:

Before first use, wipe all parts of the appliance. Clean the sieves (tray layers) and lid in lukewarm water with dishwashing liquids and dry carefully. Wipe the heat-and-ventilation base unit with a damp cloth and dry carefully.

During the first use, some smoke and/or smells might be present. This procedure is normal for the first use. Please always ensure sufficient ventilation.

After the running-in period, rinse the sieves in water and allow them to thoroughly dry.

GET TO KNOW YOUR FOOD DEHYDRATOR:



This food dehydrator consists of:

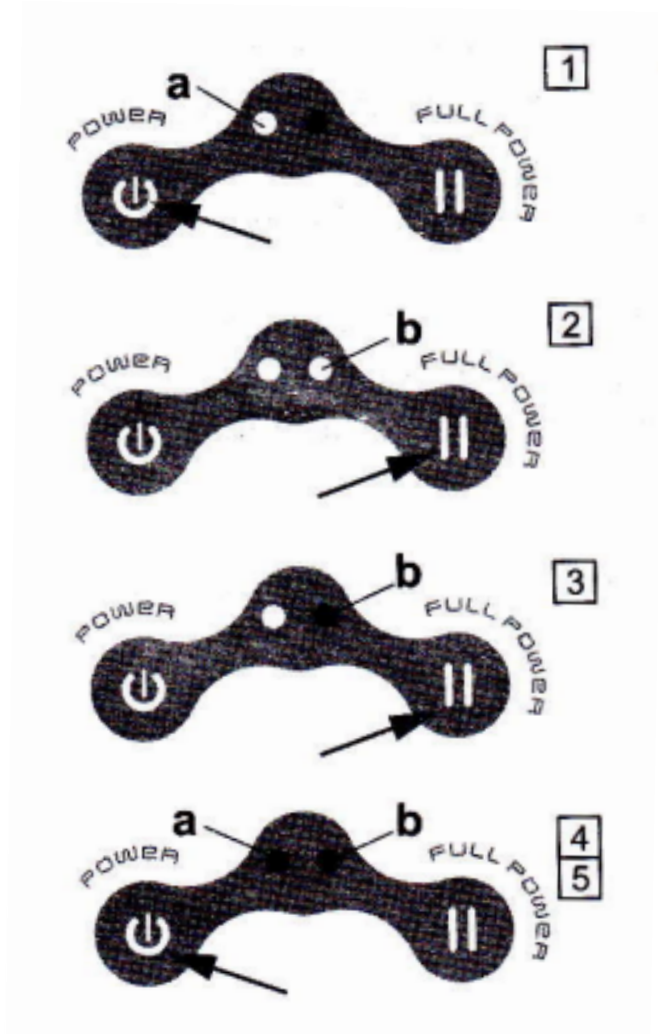
1. Heat-and-ventilation base unit
 - a. Master switch (150W)
 - b. Control light of master switch
 - c. Switch II (300W)
 - d. Control light of switch II
2. Sieve (tray layers)
3. Lid


OPERATION AND HANDLING:



ATTENTION! Wash and clean the food items intended for drying and distribute them on the sieves (tray layers) making sufficient space between them, so that the air will flow evenly throughout the sieves.



Fill the sieves (tray layers) with the food and place the sieves onto the heat-and-ventilation base unit. Cover with the lid.

Turn on the food dehydrator.




1. Half-power – press the master switch button  , the dehydrator shall be on in half-power mode (150W) and the control light of master switch shall go on (a).


2. Full power – press the  switch button, the dehydrator shall be on in full power mode (300W) and the control light of  switch shall go on (b).

3. Back to half power –press the  switch button again, the control light of  switch shall go off (b). The dehydrator now operates in half-power mode (150W).

Switch the dehydrator off after product drying has completed.

4. If the dehydrator operates in half-power mode (150W), press the master switch button  . The dehydrator shall switch off and the control light of master switch shall go off (a).

5.If the dehydrator operates in full power mode (300W), press the master switch

button . The dehydrator shall switch off and both control lights shall go off (a) and (b).

Tips: Heated air flows through the sieves (tray layers) evaporating water out of the products being dried. The time of drying depends on the content of water inside the products and their thickness. We recommend drying food pieces thinner than 5mm in size.

It is recommended to rearrange the sieves (tray layers) from time to time during extensive drying, to obtain equal and thorough drying.

Drying water-rich products such as plums, grapes or mushrooms requires much more drying time.

ADDITIONAL INFO:

- Wash and dry the food items before putting them in the appliance. Do not put wet food items into the appliance.
- Do not use the sieves (tray layers) if they are wet.
- Cut off the spoiled parts of the food items.
- The duration of drying depends on the thickness of the food pieces.
- The sieves (tray layers) can be rearranged during use.
- To obtain a quality dried product, select a fresh and fully ripe food item. Unripe fruit will lack the necessary sugar content and will have a bitter taste when dried. Over-ripened fruits and vegetables will be either tough and fibrous, or soft and mushy when dried.
- As a rule, you can think “If it’s good enough to eat, it’s good enough to dry”.
- The duration of drying can depend on the temperature and humidity of the room, the level of humidity of the food items, thickness of the food pieces, etc.

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 the fruit for about 2 minutes and then put them in some cold water and dry them before adding to the appliance.
- Wash and dry the fruit.
- Artificially waxed fruit should always be peeled. Peel other fruit if desired.
- Take out the pit/seed/core and cut off the spoiled parts.
- Some fruit can be pretreated for best results to prevent discoloration, see the pretreating section of this instruction manual.

DRYING VEGETABLES:

- Vegetables should be fresh and tender.
- Wash and dry the vegetables.
- Peel vegetables if required.
- Take out the pit/seed/core and cut off the spoiled parts.
- It is better to boil vegetables for about 3-5 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 fresh leaves or stem cuttings.
- After drying, it is better to put medicinal plants in paper bags or glass jars and store in a cool, dark, dry place.

DRYING MEATS AND FISH:

- Fresh or frozen lean meat makes the best jerky. The lower the fat content, the better the flavour.
- 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, nutrients and vitamins of the food when drying, it may be necessary to pre-treat before adding to the food dehydrator. Please note that pre-treating is not a necessity of using the food 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, pears, etc. that occurs due to oxidation when their flesh is exposed to the air. Simply place the fruit directly into the juice in a bowl for around 2 minutes. Allow the fruit to dry completely before placing on the dehydrator sieves (tray layers).

Tips: 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, cranberries, etc. 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 types of fruits, it is necessary to dip them into boiling water for 2 minutes. Allow the fruit to dry completely before placing on the dehydrator sieves (tray layers). This will make the skin more porous, speeding up the drying time and retaining more vitamins and nutrients.

Vegetables:

It is better to boil vegetables for about 3-5 minutes and then put them in a cold water "bath" (bowl of cold water) and then dry them off before adding to the food dehydrator. This is to destroy enzymes which produce bad flavours during the dehydration process.

- Steam blanching is the preferred method of pre-treating if available. Steam the sliced pieces for 2-3 minutes until heated through, but not cooked enough to eat.
- Microwave blanching is another method of pre-treating. In a covered microwavable container with a small amount of water, heat on high for 2-3 minutes until heated through, but not cooked enough to eat.
- Boiled blanching is another method of pre-treating, if the above two are not available. Boil for 3-5 minutes until heated through, but not cooked enough to eat. Ensure that the slices are transferred to the dehydrator sieves as quickly as possible after blanching.

STORAGE OF DRIED FOODS:

- The containers for storing the dried food items should be clean and completely dry. Ensure the storage containers seal completely shut.
- For better storage of dried fruits, use glass jars with metal lids and store in a cool, dark, dry place where the temperature should be between 5°C – 20°C.
- After the first week of drying and storing, check if there is any moisture inside the storage container. If yes, then the dehydrated food items are not dried thoroughly and should go back into the food dehydrator.
- Do not place hot food items into storage containers. Allow all the dehydrated foods to cool completely to room temperature before storing.

DEHYDRATING FRUIT TIMES:

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

NAME	PREPARATION	CONDITION AFTER DRYING	DRYING TIME (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 VEGETABLE TIMES:

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

NAME	PREPARATION	CONDITION AFTER DRYING	DRYING TIME (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

NAME	PREPARATION	CONDITION AFTER DRYING	DRYING TIME (HOURS)
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 until all moisture is gone.

Fish:

- Before dehydrating, fish needs to be baked in an oven.
- Bake the fish for about 20 minutes at 200°C.
- Dry for about 2-8 hours or until all moisture is gone.

Meat and game animals:

- Cut meats into small pieces and put into the food dehydrator for about 2-8 hours or until all moisture is gone.

- Drying meat into jerky:

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

OVERHEATING SAFETY PROTECTION:

This food dehydrator is equipped with a tempered thermostat and a thermal cut-out.

- Thermostat– operates in an automatic cycle. When the temperature gets high, the heater switches off and after cooling down, the heater turns on again.
- Thermal cut-out– prevents the food dehydrator from overheating during operation. In non-typical conditions such as a blocked motor or damage to the thermostat, the thermal cut-out will immediately cut out the mains power supply to prevent fire danger.

CLEANING AND MAINTENANCE:

Clean the sieves (tray layers) and lid in lukewarm water with dishwashing liquids and dry carefully. Wipe the heat-and-ventilation base unit with a damp cloth and dry carefully.

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