

Sunbeam

Food Dehydrator

Healthy food dryer with 5 drying racks

Instruction/Recipe Booklet

DT5600

Please read these instructions carefully
and retain for future reference.



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Important instructions – retain for future use.

تأكد من تفهم احتياطات السلامة المذكورة اعلاه

請務必理解上述的安全預防措施。

Assurez-vous que les précautions ci-dessus relatives à la sécurité sont bien comprises

Versichern Sie sich, dass die obenstehenden Sicherheitsmaßnahmen verstanden werden

Βεβαιώνετε πως οι παραπάνω προφυλάξεις ασφαλείας γίνονται κατανοητές

Pastikan bahwa tindakan-tindakan keselamatan seperti di atas dimengerti anda

Accertatevi che le suddette norme di sicurezza siano comprese a dovere

上記の注意事項をよくお読みになり、安全を御確認ください

Уверете се дека погоре споменатите мерки на претпазливост се добро разбрани

Asegúrese de que las precauciones de seguridad precedentes sean bien comprendidas

کاری بکنید کہ احتیاط‌های بالا حتماً درک بشوند

ต้องแน่ใจว่า ข้อควรระวังเรื่องความปลอดภัยข้างต้น เป็นที่เข้าใจกันดี

Yukarda belirtilen güvenlik önlemlerinin anlaşıldığından emin olunuz

Xin kiểm chắc rằng những biện pháp làm an toàn kể trên được hiểu rõ

Sunbeam's Safety Precautions

SAFETY PRECAUTIONS FOR YOUR SUNBEAM DEHYDRATOR.

- Ensure your dehydrator is used at least 50cm (half a metre) away from a gas flame or electric element.
- Do not operate the dehydrator on an inclined surface.
- Do not move or cover the dehydrator while in operation.
- Do not immerse the top of the dehydrator in water or any other liquid.
- Use your dehydrator well away from walls, curtains and cupboards that may be affected by steam.
- Do not use your dehydrator in confined spaces.

Sunbeam is very safety conscious when designing and manufacturing consumer products, but it is essential that the product user also exercise care when using an electrical appliance. Listed below are precautions which are essential for the safe use of an electrical appliance:

- Read carefully and save all the instructions provided with an appliance.
- 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.
- Turn the power off and remove the plug when the appliance is not in use and before cleaning.
- Do not use your appliance with an extension cord unless this cord has been checked and tested by a qualified technician or service person.
- Always use your appliance from a power outlet of the voltage (A.C. only) marked on the appliance.
- 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.
- The temperature of accessible surfaces may be high when the appliance is operating.
- Never leave an appliance unattended while in use.
- Do not use an appliance for any purpose other than its intended use.
- Do not place an appliance on or near a hot gas flame, electric element or on a heated oven.
- Do not place on top of any other appliance.
- Do not let the power cord of an appliance hang over the edge of a table or bench top or touch any hot surface.
- Do not operate any electrical appliance with a damaged cord or after the appliance has been damaged in any manner. If damage is suspected, return the appliance to the nearest Sunbeam Appointed Service Centre for examination, repair or adjustment.
- For additional protection, Sunbeam recommend the use of a residual current device (RCD) with a tripping current not exceeding 30mA in the electrical circuit supplying power to your appliances.
- Do not immerse the appliance in water or any other liquid unless recommended.
- Appliances are not intended to be operated by means of an external timer or separate remote control system.
- 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.

If you have any concerns regarding the performance and use of your appliance, please visit www.sunbeam.com.au or contact the Sunbeam Consumer Service Line. Ensure the above safety precautions are understood.

Features of your Food Dehydrator

Lid with drying motor

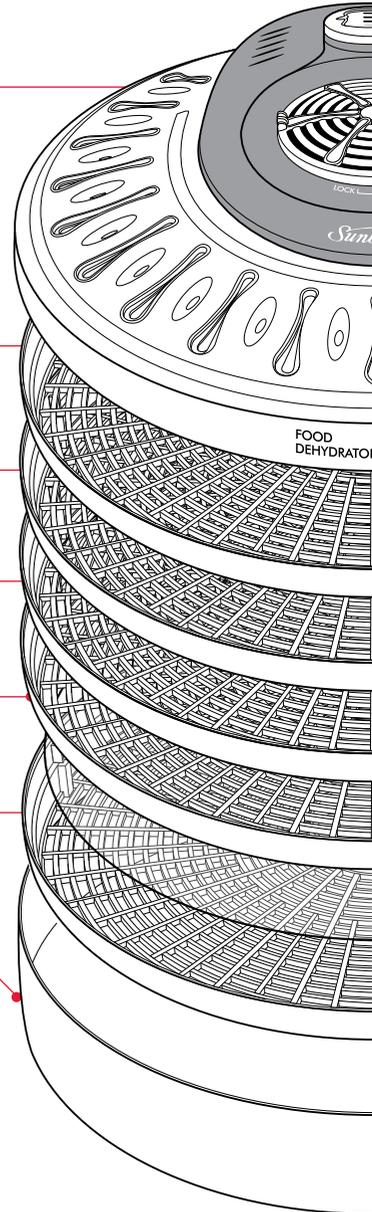
Acts as a lid for the Food Dehydrator and contains the motor and power switch. Air vents on the lid allow air to be circulated.

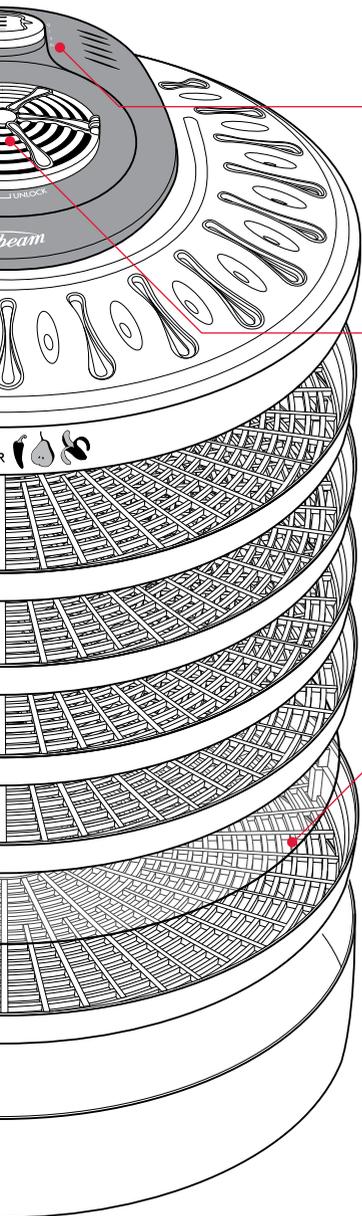
5 large drying racks

Holds the food in place for easy drying. Your unit includes 5 drying racks. You can purchase more drying racks from retail outlets and Sunbeam service centre.

Rubber feet

Holds the Food Dehydrator in place and prevents it from scratching the bench top.





On/Off switch with three heat settings

Enable the user to choose the type of drying needed with three heat settings.

Removable Filter

The filter is removable for easy cleaning.

Fruit Roll Tray

Makes delicious fruit rolls naturally.

Using your Dehydrator

How it works

Dehydrating food is an ancient method of preserving food. It is a gentle, natural process which removes moisture from food.

Using a controlled heat temperature, air is circulated from the top of the unit to each of the five trays and base. This method of drying seals in the flavours and nutrients of the food, leaving a high food nutrient and vitamin content.

Storage of dried food

Drying fresh, ripe fruit and vegetables allows you to enjoy these luxuries all year round. Storing of food is easy and takes up little storage space. Dried foods have a longer shelf life of approximately 3-6 months when stored in air-tight storage jars depending on type of food and climate.

No preservatives added

Fruit and vegetables dried using your Food dehydrator, will differ in colour and appearance from produce purchased from Health food stores and supermarkets. This is due to these stores adding artificial colouring and preservatives to the produce. Whereas your Food dehydrator uses no preservatives and only natural additives.

Versatility

You can dry herbs and spices and flowers to make potpourri. You can even enjoy the advantages of rehydrating foods to make instant additions to soups, sauces and casseroles. The choice is endless.

Healthy snacks

Natural healthy snacks can easily be created using your Food dehydrator. A variety of fruit rolls such as pear, berry and apple rolls, to name a few. You can make tasty, muesli bars, using all natural ingredients. These snacks are great for picnics, camping and at snack time.

Using your Dehydrator (continued)

Before using your Food Dehydrator

- Wash the drying racks, base and fruit roll tray in warm water using a mild detergent. Rinse and dry each part thoroughly before use.
- Before you assemble the food dehydrator ensure that the power cord is unplugged.

Using your Food dehydrator

1. Arrange the food on the drying racks, ensuring the pieces of food are not quite touching, to allow air to circulate freely. Place drying racks onto the base, ensuring that all racks are securely positioned in the grooves.
2. Place the lid on the top drying rack.
3. Plug the power cord into a 230/240V AC power outlet, and push the power to the desired heat setting.

NOTE: If only using base of Food Dryer ensure an empty drying rack is inserted between the Lid and Base, to avoid restriction of air flow.

Settings	Approximate Temperatures	Uses
Setting 1	35°C	Herbs, Flowers
Setting 2	55°C	Fruits, vegetables, muesli bars, fruit rolls
Setting 3	75°C	Drying meats

Care and Cleaning

Drying racks, fruit roll trays and base

To clean the drying racks, fruit roll trays and the base, soak in warm soapy water. A soft bristle brush can be used to loosen stubborn food particles.

Lid

Do not immerse the Lid with Drying Motor in water. To clean, use a damp, soft sponge with a mild detergent.

Do not use steel wool, scouring pads or abrasive cleaners.

Do not place any parts in a dishwasher.

Important Guidelines and Hints

Use quality food

Best results are achieved when quality food is used. Select produce at the peak of ripeness, colour and flavour, for the highest nutritional content.

You can dry overripe produce successfully, as long as you remove any spoiled areas.

Wash food

Food should be washed and dried thoroughly, removing soft or spoiled areas. Be certain that your hands, cutting utensils and food preparation areas are clean.

Cut food uniformly

Produce can be shredded, sliced or diced, 5mm slices are best for efficient drying.

Variation in drying times

Check produce drying chart times can vary. Drying times are affected by the size of the load, thickness of the sliced produce, humidity, air temperature and the moisture content of the food itself. (Therefore, broad drying times have been given in the drying tables).

NOTE: The food dryer may be left on overnight, however this may not achieve optimum result.

We recommend the rotation of drying racks every 3-4 hours throughout drying time to achieve even drying.

Fruit Roll Trays

Non-stick baking paper can be cut to fit racks, if you want more roll up trays.

Rotate Racks

Rotate racks while drying foods, this ensures even drying of produce and air circulation.

Testing for dryness

Be sure to let the produce cool before testing for dryness. To test for dryness, cut a piece open – there should be no visible moisture inside.

Uneven drying

If you notice uneven drying, rotate the drying racks, i.e. move the bottom rack to the top and the top racks down.

Keep records

Records of humidity, weight of produce before and after drying times, will be helpful in improving your drying techniques for the future. Use the Drying Record Chart provided on page 29.

Storage of Dried Foods

- Containers should be moisture and insect free.
- Glass jars with metal screw lids are ideal containers. Food stored in plastic bags, should be stored inside an insect proof container.
- The storage area should be cool, dry and as dark as possible. The ideal temperature for storing dehydrated food is 5-20°C.
- Dried food can be covered in plastic wrap and stored in a container in the freezer.

See tips on Beef jerky for correct storage on page 17.

Important

Check for moisture by shaking the content of your storage container several times during the first week after the food has been dried. If moisture appears on the inside, the food has not been sufficiently dried and should be returned to the food dehydrator, for further drying.

Do not place warm produce into storage containers, as condensation will form causing mould and mildew. Allow food to cool on racks before storing.

Rehydrating Dried Foods

Rehydration is the process of putting the moisture back into foods that have been dried.

- Dried foods can be partially rehydrated by soaking in water or cooking.
- To conserve the nutritional value of the rehydrated food, use the liquid remaining after soaking or cooking, in the rehydration recipes.

- One cup of dried vegetables generally reconstitutes to two cups of vegetables. See soup mix on page 18.
- One cup of dried fruit reconstitutes to one and a half cups of fruit.

Use of Dried Food

Dehydrated fruits and vegetables can be used in a variety of dishes that can be used to make: sauces, casseroles, marinated vegetables, cakes, salads, pies, soups, cereals, pasta dishes and poultry dishes stuffing.

Foods such as garlic, chillies and tomatoes can be bottled in olive oil and stored in a cool dry place for several months.

Drying Fruits

- Wash food and pat dry with paper towels.
- Remove any blemishes, pips and stones.
- Slice as recommended.
- Pre-treat where recommended.

NOTE: Food may be peeled or unpeeled when drying. Try drying both ways to distinguish preferred outcome. Unpeeled fruits will take longer to dry.

Pre-Treatment

The pre-treatment of food where recommended helps retard browning while the food is drying.

- Where recommended use a natural pre treatment of pineapple or lemon juice. Soak fruit for 3-4 minutes in the juice before placing on drying racks.

Blanching

- Some fruits with natural protective wax coatings e.g. figs, grapes and prunes, need to be blanched to speed the drying process.

To Blanch

1. Soak fruits in boiling water for 1-2 minutes.
2. Plunge into ice cold water. Dry well.
3. Slice and commence drying.

Dryness Test

- Cool fruit before testing for the final degree of dryness.
- Most fruit will be soft and pliable when properly dried.

Drying Chart for Fruit

Expect a variance in the time needed to dry different foods. Drying times are affected by the size of the load, thickness of slices, humidity and temperature in your home.

NOTE: Times stated are based on drying using five racks. Times will vary depending on number of racks used.

Food type	Pre treatment	Setting/drying time	Suggested Use
Fruit			
Apples, core, peel, cut into .5mm slices	None	8-10 hours	Eat as is or add to cakes and slices
Apricot halves, de-stoned	None	12-14 hours	Add to slices, biscuits and muesli
Banana halves	Soak in lemon juice	12 hours	Eat as is, add to cakes, puddings and slices
Baby figs, halved	Blanch	6-8 hours	Add to fruit cake and bread mixtures, slices and muesli
Grapes, Muscatel On vine	Blanch	16-18 hours	Eat as part of a cheese platter
Grapes, Muscatel Off vine, deseeded, flattened slightly	Blanch	14-16 hours	Add to biscuit doughs, fruit cake mixtures and muesli
Kiwifruit, peeled, 5mm slices	None	6 hours	Eat as is or add to muesli
Lemon, skin on, 5mm slices	Scrub whole fruit under warm water	8 hours	Add to pasta sauces, chicken dishes, cakes and puddings

Drying Chart for Fruit (continued)

Food type	Pre treatment	Setting/drying time	Suggested Use
Limes, skin on, 5mm slices	Scrub whole fruit under warm water	8-10 hours	Add to curries and potpourri mixes
Oranges, Naval, skin on, halved, cut into 0.5mm slices	Scrub whole fruit under warm water	6-8 hours	Add to potpourri mixes and dip in chocolate and serve with coffee
Paw Paw, peeled, deseeded, 0.5mm slices	None	10-12 hours	Eat as is, add to muffin mixtures, slices and muesli
Peaches, halved, de-stoned	Wash under water	8-10 hours	Eat as is, chop and add to cake and muffin mixtures or add to muesli
Pear large 1cm-thick slices	Soak in lemon juice	12-14 hours	Eat as is, chop and add to salads, cakes and muesli
Pear small halves	Soak in lemon juice	10-12 hours	Eat as is, chop and add to salads, cakes and muesli
Pineapple, .5mm-thick slices	None	8-10 hours	Eat as is, chop and add to muffin mixtures, slices and muesli

Drying Vegetables

Preparation

- Wash vegetables thoroughly and remove blemishes.
- Pre-treat where recommended.

Pre-Treatment

- Steam Blanching: is needed to speed up drying process for certain vegetables.
- Blanching: Preserves the colour, stops the ripening process and generally makes the produce dry faster.

To Blanch

1. Soak vegetables in boiling water for 1-2 minutes.
2. Plunge into ice cold water.
3. Slice and commence drying.

Dryness Test

- Cool vegetables before attempting the final test for dryness.
- Vegetables should feel hard and firm with no soft spots.

Expect a variance in the time needed to dry different foods. Drying times are affected by the size of the load, thickness of slices, humidity and temperature in your home.

Food type	Pre treatment	Setting/drying time	Suggested Use
Vegetables			
Carrot, peeled, 1cm dice	None	6-8 hours	Add to cake, bread and scone mixtures
Celery, 1cm dice	None	4-5 hours	Add to soup mixes and casseroles
Eggplant, 5mm slices	Blanch in hot water	6-8 hours	Add to tomato sauces
Ginger, peeled, .5mm slices	Scrub under warm water	8-10 hours	Add to curries, fruit cake and muffin mixtures
Mushrooms, button, cut into 1cm thick slices	None	6-8 hours	Add to risottos and pasta sauces

Drying Vegetables (continued)

Food type	Pre treatment	Setting/drying time	Suggested Use
Tomatoes, regular, cut into 2cm-thick wedges (dried)	None	6 hours	Add to risottos and pasta sauces
Tomatoes, Roma (egg) cut in half semi-dried	None	8 hours	Add to antipasto platters, sandwich fillings, pies and tarts
Tomato, Roma (egg) cut in half dried	None	10-12 hours	Add to pasta sauces
Onion, Brown, halved, cut into 1cm dice	None	14-16 hours	Add to bread mixtures, curries and muffin mixtures
Pea, green, shelled	None	6-8 hours	Add to soups and rice dishes
Pumpkin, peeled, deseeded, cut into 1cm dice	None	8-10 hours	Add to curries, scones and bread mixtures
Orange sweet potato (Kumara) peeled, cut into 1cm dice or cut into 1cm thick slices	None	8 hours	Curries, soups

Fruit Rolls

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

- 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/setting 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.

Additional packs of three fruit rolls available separately (DT0300).

Recipes for fruit rolls on page 26.

Drying Herbs and Spices

Drying your own herbs and spices is an easy, economical way to make the most from your herb garden.

Hints

- Pick leaves, when young and tender.
- Pick seed pods before they open.
- Most herbs and spices can be dried on the plant stalk or stem.
- The leaves and seeds are easily stripped off once they are dry.
- Use the lowest heat setting to retain as much flavour and aroma from herbs.
- Do not store herbs in paper bags as the oils will be absorbed by the paper leading to less flavour.
- Store in a cool, dark place in an airtight container.

Drying Chart for Herbs and Spices

Herb/Spice	Preparation	Drying time	Use
Basil	Wash, pat dry with paper towel. Place leaves onto drying racks.	2-4 hours	Soups and sauces.
Chives	Wash, pat dry with paper towel. Slice into desired lengths.	2-4 hours	Salads, casseroles and soups.
Chilli, long fresh red, halved, deseeded	None	6-8 hours	Add to curries and stirfries, pound in a mortar and pestle and sprinkle over bread mixtures
Coriander	Wash, pat dry with paper towel. Place whole stems onto drying racks.	2-4 hours	Curries, Thai dishes and soups.
Garlic	Peel and chop, dry in the base	4-6 hours	Casseroles, soups and pasta.
Ginger	Grate or slice, place onto drying racks	4-6 hours	Cakes and curries.
Marjoram	Wash, pat dry with paper towel. Place whole stems onto drying racks.	2-4 hours	Casseroles and soups.
Mint	Wash, pat dry with paper towel. Place whole stems onto drying racks.	2-4 hours	Thai dishes and sauces
Oregano	Wash, pat dry with paper towel. Place whole stems onto drying racks.	2-4 hours	Soups, casseroles and pasta
Parsley	Wash, pat dry with paper towel. Place whole stems onto drying racks.	2-4 hours	Soups and casseroles
Rosemary	None	3 hours	Add to scone and bread mixes and casseroles
Thyme	Wash, pat dry with paper towel. Place whole stems onto drying racks.	2-4 hours	Soups and casseroles

Drying Meat

Dehydrating Meat

Here are some steps to ensure meat is dehydrated safely:

- Meats should be dried at 75°C (Setting 3).
- 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.

Beef jerky

Makes: 250g

Preparation: 10 mins (+ 12 hours marinating 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 marinate. 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 setting 3 (75°C), rotating racks halfway through drying process, for 5 hours.

Drying Flowers

Using your Food Dehydrator, you are able to dry your own flowers, blossoms and petals.

Hints

- As flowers darken when they dry, try to select flowers which are several shades lighter.

Preparation Directions

1. Cut flowers when they are dry and cool.
2. Choose flowers that are firm but only half open. Full bloom flowers tend to lose their petals.
3. Position flowers and petals sparsely on the drying racks and base.
4. Dry for 8-10 hours until flowers are brittle.

Potpourri

To make potpourri: use handful of flowers, blossoms and petals and combine with 3-4 drops of perfumed oil e.g. tea rose or lavender.

Preparation Directions

1. Arrange flowers, blossoms and petals sparsely on the Drying Racks and Base.
2. Dry for 6-8 hours.
3. Place in a large air-tight glass container with 3-4 drops of perfumed oil, to enliven the fragrance. After a month, shake the petals or sprinkle more oil into the container.

Recipes

Pumpkin, corn & chilli loaf

Serves: 8-10

Preparation: 15 mins (not including pumpkin drying time)

Cooking: 1 hour 5 mins

2 cups self-raising flour

Pinch of salt

2 cups dried pumpkin pieces

2 x 125g cans creamed corn

$\frac{3}{4}$ cup extra light sour cream

$\frac{1}{2}$ cup coarsely grated reduced-fat cheddar cheese

2 eggs, lightly beaten

80g butter, melted

1 long fresh red chilli, finely chopped

2 tablespoons mixed sunflower and pumpkin seeds

1. Preheat oven to 180C. Spray an 11 x 21cm loaf pan with cooking oil. Line the base and two long opposite sides with non-stick baking paper.
2. Sift flour and salt into a large bowl. Add pumpkin, corn, cream, cheese, eggs, butter and chilli. Stir until just combined. Spoon into prepared pan and smooth surface. Sprinkle with seeds. Bake for about 1 hour 5 minutes or until a skewer inserted into centre comes out clean.
3. Transfer to a wire rack to cool slightly. Cut into slices and serve warm.

Soup mix

Makes: 2 cups dried mixture

Preparation: 10 mins

Drying: 4-5 hours

2 large brown onions, halved, cut into 1cm cubes

2 large carrots, peeled, halved lengthways, cut into 1cm-thick slices

500g fresh or frozen thawed green peas

2 x 300g can chickpeas, rinsed, drained overnight

1. Place onion, carrot, peas, mushrooms and chickpeas on separate drying racks. Stack racks and dry for 4-5 hours or until completely dried (onion may need extra drying time).
2. Store in an airtight container out of direct sunlight for up to 6 weeks.
3. To make soup. Combine 1 cup of soup mixture with 3 cups stock in a medium saucepan over medium heat. Bring to the boil and gently boil for 5 minutes. Remove from heat. Stand for 5 minutes. Stir in $\frac{1}{3}$ cup chopped fresh flat-leaf parsley. Taste and season with salt and freshly ground black pepper. Serve.

Recipes (continued)

Sour cream & chive scrolls-Low fat and gluten free!

Serves: 12

Preparation: 15 mins

Cooking: 25-30 mins

Melted butter, to grease

2 ½ cups gluten-free self-raising flour

½ teaspoon salt

⅓ cup dried chopped onion

2 tablespoons dried chopped chives

50g reduced-fat dairy spread

½ cup light sour cream

½ cup skim milk

½ cup coarsely grated light mozzarella

80g reduced-fat feta, crumbled

1. Preheat oven to 200C. Brush a baking tray with melted butter to grease.
2. Sift flour into a large bowl. Stir in salt, onion and chives until combined.
3. Use your finger tips to rub in spread until mixture resembles breadcrumbs. Use a round-bladed knife in a cutting motion to stir in the sour cream and milk until combined. Turn out onto a lightly floured surface. Knead until smooth. Roll out to a 20 x 30cm rectangle.
4. Sprinkle over the mozzarella and feta. Starting from the long side, roll dough up to form a log. Trim ends. Cut the log into 12 x 2cm-thick slices. Arrange scrolls, cut side down, side by side in prepared pan.
5. Bake for about 25 minutes or until golden and cooked through. Transfer to a wire rack to cool slightly.

NOTE: You can use wholemeal flour instead of white flour if desired.

Nutritional information per serve

5g fat; 747kJ; 2g sat fat; 1.1g fibre;
23g carbohydrate.

Tomato, mozzarella & pancetta muffins

Makes: 12

Preparation: 10 mins (not including drying time)

Cooking: 22-25 mins

3 cups self-raising flour

200g dried tomatoes, chopped

8 slices mild pancetta, chopped

1 cup coarsely grated mozzarella

1½ cups skim milk

125g unsalted butter, melted

1 egg, lightly beaten

1. Preheat oven to 180C. Spray a 12 hole (½ cup) capacity non-stick muffin pan with cooking oil.
2. Combine the flour, tomato, pancetta and cheese in a large glass bowl. Stir in the combined milk, butter and egg until just combined (mixture should be lumpy).
3. Spoon mixture evenly among prepared holes. Bake for 22-25 minutes or until a skewer inserted into the centres comes out clean. Remove from oven. Transfer to a wire rack to cool slightly. Serve.

Note: These muffins are suitable to freeze. Wrap in plastic wrap or place in sealable plastic bags. Label, date and freeze for up to 3 months.

Nutritional information per muffin

10g fat; 1004kJ; 5.8g sat fat; 3.4g fibre;
24g carbohydrate

Recipes (continued)

Apricot & coconut balls

Makes: 36

Preparation: 25 mins (+ 8 hours chilling time)

Melted butter, to grease

200g dried apricot halves

$\frac{3}{4}$ cup freshly squeezed orange juice

1 cup skim milk powder

200g white chocolate, melted

$\frac{3}{4}$ cup desiccated coconut

1. Brush a 20cm slab pan with melted butter to grease. Line base and sides with non-stick baking paper.
2. Place apricots and juice in a medium saucepan and bring to the boil over medium heat. Remove from heat. Cover with plastic wrap and stand for 10 minutes or until almost all of the liquid has been absorbed.
3. Place apricot mixture, powder and chocolate in the bowl of a food processor and process until pureed.
4. Spread mixture over base of prepared pan. Smooth surface with a spoon. Cover with plastic wrap and place in the fridge for 4 hours or until slightly set.
5. Place coconut on a plate. Roll teaspoon quantities of apricot mixture into balls and roll in coconut to coat. Place on a plate. Cover with plastic wrap and place in the fridge for a further 4 hours or until firm.

Carrot & walnut cake

Serves: 8

Preparation: 15 mins (not including drying carrot time)

Cooking: 1 hour 20 mins

Cooking oil spray

1 cup vegetable oil

$1\frac{1}{3}$ cups firmly packed brown sugar

3 eggs

2 cups self-raising flour

2 cups dried carrot pieces, finely chopped

1 cup walnut crumbs

$\frac{1}{4}$ teaspoon ground cloves

Icing sugar mixture, to dust

1. Preheat oven to 180C. Spray a 20cm round cake pan with cooking oil. Line base and side with non-stick baking paper.
2. Use an electric beater to beat together the oil and sugar in a large glass bowl until pale and creamy.
3. Add eggs, one at a time, beating well between each addition until combined and fluffy.
4. Stir in flour, carrot, walnut crumbs and cloves until combined. Spoon mixture into prepared pan and smooth surface. Bake for about 1 hour and 20 minutes or until a skewer inserted into centre comes out clean (cover cake with foil during cooking if over browning).
5. Remove from oven. Stand for 5 minutes before turning out onto a wire rack to cool.

Recipes (continued)

Choc-coated oranges

Makes: 35 slices

**Preparation: 15 mins (not including drying time,
+ 3 hours setting time)**

You will need to dry about 5-6 large seedless oranges for this recipe.

220g good-quality dark cooking chocolate

35 dried orange slices (.5cm thick)

1. Line two baking trays with non-stick baking paper. Break chocolate into pieces. Place in a medium glass heatproof bowl over a saucepan of simmering water (make sure bowl doesn't touch water). Cook, stirring occasionally with a metal spoon, for 4-5 minutes or until chocolate melts.
2. Use a spoon to dip orange slices, one at a time, into melted chocolate to coat. Transfer to prepared trays. Set aside for 3 hours or until chocolate sets.

NOTE: Use organic seedless oranges for best results.

Coconut banana halves

Makes: 16 halves

Preparation: 10 mins

Drying: 10-12 hours

8 ripe bananas

½ cup freshly squeezed lemon juice

¾ cup shredded coconut

1. Cut bananas in half lengthways. Drizzle with lemon juice. Sprinkle cut side with coconut.
2. Place cut-side up on drying trays. Dry for 10-12 hours or until pliable.

Fig, cinnamon & banana cake

Serves: 12

Preparation: 15 mins (not including fig drying time)

Cooking: 1 hour 5 mins

Melted butter, to grease

125g butter, softened

½ cup firmly packed brown sugar

½ teaspoon ground cinnamon

2 eggs

1½ cups self-raising flour

1 cup almond meal

1 cup milk

2 large overripe bananas, mashed

200g dried figs, chopped

Icing sugar mixture, to dust

Vanilla custard, to serve

1. Preheat oven to 180C. Brush a 20cm round cake pan with melted butter to lightly grease. Line base and side with non-stick baking paper.
2. Use an electric mixer to beat together the butter, sugar and cinnamon until light and fluffy. Add eggs one at a time, beating well between each addition.
3. Stir in flour, meal, milk and banana until combined. Use a large metal spoon to gently fold in figs. Spoon into prepared pan and smooth surface. Bake for about 1 hour until a skewer inserted into the middle comes out clean. Remove from oven. Turn out onto a wire rack to cool.
4. Dust with icing sugar. Cut into wedges. Serve with vanilla custard.

Recipes (continued)

Low-fat fruity muffins

Makes: 12 muffins

Preparation: 10 mins (not including drying pineapple)

Cooking: 22-25 mins

Cooking oil spray

3 cups self-raising flour

1½ cups skim milk

200g dried pineapple or paw paw pieces,
chopped

½ cup firmly packed brown sugar

60g low-fat dairy spread, melted

1 egg, lightly beaten

1. Preheat oven to 180C. Spray 12 hole (⅓ cup capacity) non-stick muffin pan with cooking oil.
2. Place all ingredients in a large bowl. Stir until just combined (mixture should be lumpy).
3. Spoon mixture evenly among pan holes. Bake for 22-25 minutes or until cooked when tested with a skewer. Transfer to a wire rack to cool.

Nutritional information per serve

4g fat; 1061kJ; 2g sat fat; 3.5g fibre;
45g carbohydrate.

Peanut muesli bars

Makes: 14 bars

Preparation: 10 mins (+ 4 hours refrigerating time)

Drying: 6-8 hours

½ cup peanut butter

¼ cup firmly packed brown sugar

60g butter

¼ cup water

2 cups muesli

1. Line the base and two long opposite sides of an 11 x 21cm loaf pan with foil, allowing it to overhang.
2. Combine the peanut butter, sugar and butter in a medium saucepan and stir over low heat until butter melts and mixture combines. Remove from heat. Stir in water.
3. Place muesli in a large glass bowl. Stir in peanut butter mixture until combined. Press mixture over base of prepared pan. Place in the fridge for 4 hours or until partially set.
4. Remove muesli from pan using the foil. Use a sharp knife to cut loaf into 7 equal slices. Cut each slice in half. Shape into bars.
5. Arrange muesli bars on two lightly greased drying racks, allowing room for even drying. Dry on setting 2 for 6 hours for a chewy bar and longer for a firmer bar.

NOTE: You can keep these muesli bars in an airtight container for up to 2 weeks.

Recipes (continued)

Pear & choc chip friands

Makes: 8 friands

Preparation: 10 mins (not including pear drying time)

Cooking: 20-25 mins

Cooking oil spray

6 eggwhites

1½ cups icing-sugar mixture

1 cup almond or hazelnut meal

½ cup plain flour

12 pieces dried pear, finely chopped

¾ cup milk chocolate choc bits

1. Preheat oven to 190C. Spray 8 oval (1/3 cup) non-stick friand pans with cooking oil.
2. Place eggwhites in a large bowl and whisk until well combined. Sift over icing sugar mixture. Add almond meal, flour and pear and stir until combined. Spoon mixture evenly among pans. Sprinkle with choc chip pieces. Bake for 20-25 minutes or until cooked when tested with a skewer. Turn out onto a wire rack to cool.

Paw paw, mango & honey muesli

Makes: 3 cups

Preparation: 10 mins

Drying: 2-3 hours

2 cups rolled oats

100g dried pineapple pieces, chopped

100g dried mango pieces

100g dried paw paw pieces, chopped

¼ cup apple, pineapple or pear juice

2 tablespoons brown sugar

1 tablespoon honey

½ teaspoon ground cinnamon

1. Combine all ingredients in a large glass bowl.
2. Spoon mixture over fruit roll tray. Dry for 2-3 hours or until crunchy.

NOTE: This muesli will keep in an airtight container for up to 2-3 weeks. You can add slivered almonds or shredded coconut to this mixture if desired.

Recipes (continued)

Sultana & oat cookies

Makes: 24

Preparation: 10 mins

Cooking: 20 mins

Melted butter, to grease

2 cups self-raising flour

1 cup rolled oats

$\frac{3}{4}$ cup sultanas, chopped

$\frac{1}{2}$ cup firmly packed brown sugar

$\frac{1}{2}$ teaspoon mixed spice

150g butter, melted

$\frac{1}{2}$ cup condensed milk

1 egg, lightly beaten

1. Preheat oven to 190C. Brush two baking trays with melted butter to lightly grease with non-stick baking paper.
2. Combine the flour, oats, sultanas, sugar and mixed spice in a large bowl. Stir in the butter, milk and the egg until well combined.
3. Roll mixture into 24 balls and place on prepared trays, allowing room for spreading. Flatten slightly with a fork. Bake for 15 minutes or until golden. Remove from oven and set aside on trays to cool and firm slightly.
4. Store in an airtight container for up to 5 days.

NOTE: You can use dried apricot instead of sultanas if desired.

Tropical fruit slice

Makes: 18

Preparation: 10 mins (not including fruit drying times)

Cooking: 40 mins

Base

Cooking oil spray

$\frac{1}{3}$ cup firmly packed brown sugar

90g butter

$1\frac{1}{4}$ cups plain flour

1 egg yolk

Topping

2 eggs

1 cup firmly packed brown sugar

$\frac{1}{3}$ cup self raising flour

$\frac{1}{2}$ cup chopped dried pawpaw

$\frac{3}{4}$ cup sultanas

$1\frac{1}{4}$ cups whole blanched almonds, chopped

$\frac{3}{4}$ cup desiccated coconut

1. Preheat oven to 180C. Spray a 20 x 30cm lamington pan with cooking oil. Line base and two long opposite sides with non-stick baking paper, allowing it to overhang slightly.
2. To make base, combine sugar and butter in a small saucepan and stir over low heat until butter melts and sugar dissolves. Remove from heat, stir in flour and egg yolk.
3. Spread mixture over base of prepared pan. Smooth surface. Bake for 20 minutes or until golden. Remove from oven and set aside for 20 minutes to cool.
4. To make the topping, use an electric beater to beat together the eggs and sugar in a large bowl until creamy. Stir in remaining ingredients until combined. Spread mixture evenly over cold base. Bake for a further 30 minutes or until browned.
5. Remove from oven and set aside for 30 minutes or until cold and set. Cut into squares to serve.

Fruit rolls

Fruit salad rolls

Makes: 2 fruit roll ups

Preparation: 5 mins

Drying: 5-7 hours

840g canned fruit salad mix, drained

1. Place fruit salad in the jug of a blender or bowl of a food processor. Process until smooth.
2. Spoon puree evenly onto greased fruit roll up trays. Use a spatular to spread puree evenly around tray top cover.
3. Dry for 5-7 hours or until pliable. Roll up each fruit piece to form a log.

Apple & mixed spice fruit rolls

Makes: 2 fruit roll ups

Preparation: 10 mins

Drying: 5-7 hours

800g can Bakers Apple

¼ cup honey

½ teaspoon mixed spice

½ teaspoon ground cinnamon

4. Place apple, honey and spices in the jug of a blender or bowl of a food processor. Process until smooth.
5. Spoon puree evenly onto greased fruit roll up trays. Use a spatular to spread puree evenly around tray.
6. Dry for 5-7 hours on Setting 2 or until pliable. Roll each fruit piece up to form a log.

Apricot, honey & cinnamon fruit rolls

Makes: 2 fruit roll ups

Preparation: 10 mins

Drying: 5-7 hours

825g can apricot halves in natural juices, drained

2 tablespoons honey

1 teaspoon ground cinnamon

4. Place apricot, honey and cinnamon in the jug of a blender or bowl of a food processor. Process until smooth.
5. Spoon puree evenly onto greased fruit roll up trays. Use a spatular to spread puree evenly around tray.
6. Dry for 5-7 hours on Setting 2 or until pliable. Roll each fruit piece up to form a log.

NOTE: You can also add spices such as allspice or ground ginger.

Mango fruit rolls

Makes: 2 fruit rolls

Preparation: 5 mins

Drying: 5-7 hour

800g sliced mango in natural juice, drained

1. Place mango in the jug of a blender or bowl of a food processor. Process until smooth.
2. Spoon puree evenly onto greased fruit roll up trays. Use a spatular to spread puree evenly around tray top cover.
3. Dry for 5-7 hours or until pliable. Roll up each fruit piece to form a log.

Recipes (continued)

Pear & maple syrup fruit rolls

Makes: 2 fruit roll ups

Preparation: 10 mins

Drying: 6-7 hours

1kg jar pear slices in juice, drained

1 tablespoon maple syrup

1. Place pear and maple syrup in the jug of a blender or bowl of a food processor. Process until smooth.
2. Spoon puree evenly onto greased fruit roll up trays. Use a spatular to spread puree evenly around tray top cover.
3. Dry for 6-7 hours or until pliable. Roll up each fruit piece to form a log.

Plum fruit rolls

Makes: 2 fruit roll ups

Preparation: 10 mins

Drying: 5-7 hours

825g can plums in juice, drained, halved, stones removed

Pinch of ground cardamom (optional)

1. Place plums and cardamom (if using) in the jug of a blender or bowl of a food processor. Process until smooth.
2. Spoon puree evenly onto greased fruit roll up trays. Use a spatular to spread puree evenly around tray top cover.
3. Dry for 5-7 hours or until pliable. Roll up each fruit piece to form a log.

Strawberry fruit rolls

Makes: 2 roll ups

Preparation: 10 mins

Drying: 5-7 hours

500g fresh strawberries, hulled, halved

2 x 140g tubs apple puree

1 teaspoon vanilla extra

1. Combine ingredients in bowl of food processor. Process until smooth.
2. Spoon puree evenly onto greased fruit roll up trays. Use a spatular to spread puree evenly around tray.
3. Dry for 5-7 hours on Setting 2 or until pliable. Roll each fruit piece up to form a log.

Recipes (continued)

Dried rose petals

Makes: 4 cups

Preparation: 5 mins

Drying: 3 hours

3 bunches roses, rose buds removed, petals separated

2-3 drops rose or vanilla oil

1. Arrange petals evenly over drying trays. Dry on setting 2 for 3 hours or until dried.
2. Place petals in a large container. Drizzle with oil and gently toss until combined.

Orange, star anise & vanilla potpourri

Makes: 3 cups

Preparation: 5 mins (+ 1 week infusing time not including flower drying time)

2 cups dried rose petals

10 slices dried orange

1 vanilla pod, split

4 whole star anise

1 drop vegetable oil

Pinch of ground cinnamon

1. Combine all ingredients in an airtight container. Set aside in a cool place out of direct sunlight for 1 week, shaking container occasionally. Use as desired.

Drying Records Chart

Produce	Date	Weight of produce (before drying)	Pre-treatment	Humidity 1.....5 (low) (high)	Time drying started	Time drying finished	Weight of dried produce

Drying Records Chart

Produce	Date	Weight of produce (before drying)	Pre-treatment	Humidity 1.....5 (low) (high)	Time drying started	Time drying finished	Weight of dried produce

Drying Records Chart

Produce	Date	Weight of produce (before drying)	Pre-treatment	Humidity 1.....5 (low) (high)	Time drying started	Time drying finished	Weight of dried produce

Drying Records Chart

Produce	Date	Weight of produce (before drying)	Pre-treatment	Humidity 1.....5 (low) (high)	Time drying started	Time drying finished	Weight of dried produce

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ABN 45 000 006 771

Units 5 & 6, 13 Lord Street
Botany NSW 2019 Australia

Unit 3, Building D
26 Vestey Drive
Mt Wellington Auckland
New Zealand

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