

WWW.GOURMIA.COM



DEHYDRATOR

Recipes



USE WITH MODELS GFD1550,1650,1750,1850,1950

WWW.GOURMIA.COM



YIELD 1 POUND
PREP TIME 2 1/2 HOURS
COOKING TIME 4 HOURS

INGREDIENTS

Maple chili beef jerky

1 (2-POUND) TOP ROUND STEAK, TRIMMED OF ALL VISIBLE FAT
1/2 CUP SOY SAUCE
1/3 CUP PURE MAPLE SYRUP
1 TABLESPOON ASIAN-CHILI GARLIC SAUCE
1/4 TEASPOON FINE SEA SALT

Maple-Chili Beef Jerky

Directions

Place the steak in a large plastic zip-close bag, squeeze out the air and seal the bag. Freeze the steak until firm, 2–3 hours. Meanwhile, in a medium bowl, whisk together the soy sauce, maple syrup, chili garlic sauce and salt for the marinade. With a sharp knife, slice the steak across the grain into 1/4-inch-thick slices; return the slices to the zip-close bag. Add the marinade, squeeze out the air, seal the bag, and turn to coat the steak. Marinate the steak in the refrigerator, turning the bag occasionally for at least 4 hours, or up to 12 hours.

Drain the steak in a colander, discard the marinade and pat the slices dry with paper towels. Place the slices at least 1/2 inch apart on 5 trays. Place the trays in the dehydrator. Close the damper door. Turn the machine ON. Set the TIME to 4 hours and the TEMP to 158°F. Dehydrate until the jerky is dry but still chewy and somewhat pliant when you bend a piece. Remove the trays from the machine, and blot the excess moisture from the jerky with paper towels. Arrange the jerky without overlapping on 2 large baking sheets. Bake in a preheated 275°F oven 10 minutes. Return the jerky to the trays and let cool completely. Store the jerky in zip-close plastic bags.



YIELD ABOUT 3/4 POUND
PREP TIME 2 1/2 HOURS
COOKING TIME 4 HOURS

INGREDIENTS

Pineapple turkey jerky

- 1 (2-POUND) BONELESS SKINLESS TURKEY BREAST HALF, TRIMMED OF ALL VISIBLE FAT**
- 1/2 CUP PINEAPPLE JUICE**
- 6 TABLESPOONS SOY SAUCE**
- 2 TABLESPOONS BROWN SUGAR**
- 1 TABLESPOON GRATED PEELED FRESH GINGER**
- 5 CLOVES GARLIC, CRUSHED WITH GARLIC PRESS**
- 1/2 TEASPOON HOT PEPPER SAUCE**
- 1/4 TEASPOON FINE SEA SALT**

Pineapple Turkey Jerky

Directions

Place the turkey in a large plastic zip-close bag, squeeze out the air and seal the bag. Freeze the turkey until firm, 2–3 hours. Meanwhile, in a medium bowl, whisk together the pineapple juice, soy sauce, brown sugar, ginger, garlic, pepper sauce and salt for the marinade. With a sharp knife, slice the turkey across the grain into 1/4-inch-thick slices, then return the slices to the zip-close bag. Add the marinade, squeeze out the air, seal the bag, and turn to coat the turkey. Marinate the turkey in the refrigerator, turning the bag occasionally for at least 4 hours or up to 12 hours.

Drain the turkey in a colander, discard the marinade and pat the slices dry with paper towels. Spray 5 trays with nonstick cooking spray. Place the slices at least 1/2 inch apart on the trays. Place the trays in the dehydrator and close the damper door. Turn the machine ON, set the TIME to 4 hours, and the TEMP to 158°F. Dehydrate until the jerky is dry but still chewy and somewhat pliant when you bend a piece. Remove the trays from the machine and blot the excess moisture from the jerky with paper towels. Arrange the jerky, without overlapping on 2 large baking sheets. Bake in a preheated 275°F oven for 10 minutes. Return the jerky to the trays and let cool completely. Store the jerky in zip-close plastic bags.



YIELD 3 CUPS CHIPS-1/2 CUP DIP
PREP TIME 25 MINUTES
COOKING TIME 11 HOURS

INGREDIENTS

Sweet potato chips with creamy chipotle dip

- 2 TABLESPOONS OLIVE OIL
- 2 TEASPOONS GROUND CUMIN
- 1 TEASPOON KOSHER SALT
- 1/2 TEASPOON SMOKED PAPRIKA
- 1 LARGE (1 1/4 POUNDS) SWEET POTATO, SCRUBBED
- 6 TABLESPOONS SOUR CREAM
- 1/4 CUP MAYONNAISE
- 1 1/2 TEASPOONS FINELY CHOPPED CHIPOTLE EN ADOBO
- 1 TEASPOON GRATED LIME ZEST
- 1 TABLESPOON FRESH LIME JUICE

Sweet Potato Chips With Creamy Chipotle Dip

Directions

In a large bowl, whisk together the olive oil, lime juice, cumin, 3/4 teaspoon salt and paprika. With a mandolin or chefs knife, cut the potato into 1/4-inch-thick rounds. Add the potatoes to the oil mixture and toss to coat. Arrange the potatoes without overlapping on 5 trays. Place the trays in the dehydrator. Close the damper door. Turn the machine ON. Set the TIME to 11 hours and the TEMP to 122°F. Dehydrate, checking the potatoes periodically and rearranging the trays if necessary, until the chips are completely crisp. Remove the trays from the machine and let the chips completely.

Chipotle Mayo Meanwhile, in a small bowl, stir together the sour cream, mayonnaise, chipotle en adobo, lime zest and juice and the remaining 1/4 teaspoon salt. Cover and refrigerate until ready to serve. Serve the chips with the Chipotle Dip. Store any extra chips in a large zip-close plastic bag or airtight plastic container.



YIELD 10 CUPS
PREP TIME 15 MINUTES
COOKING TIME 8 HOURS

INGREDIENTS

Double chocolate granola

- 1/3 CUP PURE MAPLE SYRUP
- 2 TABLESPOONS HONEY
- 2 TABLESPOONS UNSWEETENED COCOA POWDER
- 2 TEASPOONS VANILLA EXTRACT
- 1 TEASPOON GROUND CINNAMON
- 1/8 TEASPOON FINE SEA SALT
- 3 CUPS OLD-FASHIONED OATS
- 1 CUP UNSWEETENED COCONUT FLAKES
- 1/2 CUP SHELLED UNSALTED PISTACHIOS
- 1/2 CUP WHOLE NATURAL ALMONDS, COARSELY CHOPPED
- 1/2 CUP BITTERSWEET CHOCOLATE CHIPS, COARSELY CHOPPED
- 1/3 CUP WHITE CHIA SEEDS

Double Chocolate Granola

Directions

Line each of 4 trays with a nonstick dehydrator sheet. In a large bowl, whisk together the maple syrup, honey, cocoa powder, vanilla, cinnamon and salt. Add the oats, coconut, pistachios, almonds, chocolate chips and chia seeds and stir until well blended. Divide the granola mixture among the prepared trays and lightly spread into even layers.

Place the trays in the dehydrator. Close the damper door. Turn the machine ON. Set the TIME to 8 hours and the TEMP to 113°F. Dehydrate, checking the granola periodically and rearranging the trays if necessary, until the granola is completely dry. Remove the trays from the machine and let the granola cool completely. Store the granola in zip-close plastic bags or airtight plastic containers.



YIELD 16 SERVINGS
PREP TIME 15 MINUTES + STANDING
COOKING TIME 12 HOURS

INGREDIENTS

Tropical granola bars

- 1 CUP DRIED MANGO SLICEDS (5 OUNCES)
- 2/3 CUP PITTED DRIED DATES (4 OUNCES)
- 1 1/2 TEASPOONS VANILLA EXTRACT
- 1/4 TEASPOON FINE SEA SALT
- 3/4 CUP OLD-FASHIONED OATS
- 3/4 CUP SHREDDED UNSWEETENED COCONUT
- 1/2 CUP GOLDEN RAISINS
- 1/2 CUP MACADAMIA NUTS, COARSELY CHOPPED
- 1/3 CUP ROASTED SALTED PUMPKIN SEEDS (PEPITAS)

Tropical Granola Bars

Directions

In a small bowl, combine the mango and dates with enough boiling water to cover and let stand until fruit softens, about 30 minutes. Drain. Line 1 tray with a nonstick dehydrator sheet. In a food processor, process the mango, dates, vanilla and salt until smooth (if bits of date remain that's okay). Transfer the purée to a large bowl. Add the oats, coconut, raisins, macadamia nuts and pumpkin seeds and stir until well blended. Transfer the mixture to the center of the prepared tray and pat into an 8-inch square.

Place the tray in the machine. Close the damper door. Turn the machine ON. Set the TIME to 6 hours and the TEMP to 113°F. After 6 hours, invert the bar onto another tray and remove nonstick dehydrator sheet. Reset the TIME to 6 hours and the TEMP to 113°F. Dehydrate the bar until completely dry. Remove the tray from the machine and let the bar cool completely. Cut the bar into 16 pieces. Store in a zip-close plastic bag or airtight container.



YIELD 38 CRACKERS
PREP TIME 30 MINUTES
COOKING TIME 10 HOURS

INGREDIENTS

Super seed crackers

- 1 1/3 CUPS WHOLE NATURAL ALMONDS
- 1/2 CUP GROUND FLAXSEED
- 1/3 CUP WHITE SESAME SEEDS, TOASTED
- 3 TABLESPOONS BLACK SESAME SEEDS
- 3/4 TEASPOON FINE SEA SALT
- 1/2 TEASPOON COARSELY GROUND BLACK PEPPER
- 1/4 CUP OLIVE OIL
- 3 TO 4 TABLESPOONS WATER

Super Seed Crackers

Directions

In a food processor, pulse the almonds until finely ground and transfer to a large bowl. Stir in flaxseed, sesame seeds, salt and pepper. Stir in the olive oil until evenly coated. Stir in 3 tablespoons water until blended. The dough should be moist enough to hold together when squeezed. If it's not, add the remaining 1 tablespoon of water.

Line each of 4 trays with a nonstick dehydrator sheet. With damp hands, press the dough into rough 1-inch balls. Place the balls at least 2 inches apart on the prepared trays. Cover each tray with a sheet of wax paper. With the bottom of a straight glass, press each ball into a 2 1/2-inch round. Remove the wax paper and place the trays in the dehydrator. Close the damper door. Turn the machine ON. Set the TIME to 10 hours and the TEMP to 113°F. Dehydrate, checking the crackers periodically and rearranging the trays if necessary, until the crackers are completely dry. Remove the trays from the machine and let the crackers cool completely. Store the crackers between sheets of wax paper in an airtight plastic container.



YIELD 12 SERVINGS
PREP TIME 15 MINUTES
COOKING TIME 7 HOURS

INGREDIENTS

Kiwi fruit leather

8 RIPE KIWIS, PEELED AND QUARTERED
1/4 CUP LIGHT AGAVE NECTAR

Kiwi Fruit Leather

Directions

Line each of 4 trays with a nonstick dehydrator sheet. In a blender, purée the kiwis and agave nectar until smooth. Pour half the purée in the center of 1 prepared tray. Tilting the tray, spread the purée into a 10 x 9-inch rectangle (1/4-inch-thick). Repeat with remaining purée.

Place the trays in the dehydrator. Close the damper door. Turn the machine ON. Set the TIME to 7 hours and the TEMP to 131°F. Dehydrate, checking the fruit leather periodically and rearranging the trays if necessary, until the fruit leather feels slightly tacky and peels off the dehydrator sheets. Let the fruit leather cool completely on the trays. Cut each sheet of fruit leather into 6 (9-inch) strips and roll up. Store the rolls in an airtight plastic container.



YIELD 18 SERVINGS
PREP TIME 20 MINUTES
COOKING TIME 8 HOURS

INGREDIENTS

Raspberry mango fruit leather

3 RIPE MANGOS, PEELED, PITTED AND CUBED
1 CUP FRESH RASPBERRIES
2 TABLESPOONS LIGHT AGAVE NECTAR

Raspberry Mango Fruit Leather

Directions

Line each of 3 trays with a nonstick dehydrator sheet. In a blender, purée the mango, raspberries and agave nectar until smooth. Pour one third of fruit purée in the center of 1 prepared tray. Tilting the tray, spread the purée into a 10 x 9-inch rectangle (1/4-inch-thick). Repeat with remaining purée.

Place the trays in the dehydrator. Close the damper door. Turn the machine ON. Set the TIME to 8 hours and the TEMP to 131°F. Dehydrate, checking the fruit leather after 6 hours and rearranging the trays if necessary, until the fruit leather feels slightly tacky and peels off the dehydrator sheets. Let the fruit leather cool completely on the trays. Cut each sheet of fruit leather into 6 (9-inch) strips and roll up. Store the rolls in an airtight plastic container.



YIELD 18 SERVINGS
PREP TIME 30 MINUTES
COOKING TIME 7 HOURS, 30 MINUTES

INGREDIENTS

Strawberry rhubarb fruit leather

3/4 POUND FRESH RHUBARB, SLICED
3/4-INCH THICK (ABOUT 2 1/2 CUPS)
1 POUND FRESH STRAWBERRIES, HULLED
1/4 CUP LIGHT AGAVE NECTAR

Strawberry Rhubarb Fruit Leather

Directions

Put the rhubarb in a steamer basket and set in a saucepan over 1 inch of boiling water. Cover tightly and steam the rhubarb until tender, 5 minutes. Rinse the rhubarb under cold running water until cool and drain. Transfer the rhubarb to a damp clean kitchen towel and squeeze out the excess liquid. In a blender, purée the rhubarb, strawberries and agave until smooth. Line each of 3 trays with a nonstick dehydrator sheet. Pour one third of fruit purée in center of 1 prepared tray. Tilting the tray, spread the purée into a 10 x 8-inch rectangle (1/4-inch-thick). Repeat with remaining purée.

Place the trays in the dehydrator. Close the damper door. Turn the machine ON. Set the TIME to 7 hours 30 minutes and the TEMP to 131°F. Dehydrate, checking the fruit leather periodically and rearranging the trays if necessary, until the fruit leather easily peels off the dehydrator sheets. Let the fruit leather cool completely on the trays. Cut each sheet of fruit leather into 6 (8-inch) strips and roll up. Store the rolls in an airtight container.



YIELD 5 1/2 CUPS
PREP TIME 20 MINUTES
COOKING TIME 8 HOURS

INGREDIENTS

Spiced apple and banana chips

1/4 CUP ORANGE JUICE
2 TEASPOONS GROUND CINNAMON
1 TEASPOON GROUND GINGER
1/4 TEASPOON GROUND NUTMEG
PINCH GROUND RED PEPPER (CAYENNE)
3 MEDIUM APPLES
3 MEDIUM FIRM-RIPE BANANAS, SLICED INTO 1/4-INCH ROUNDS

Spiced Apple + Banana Chips

Directions

Pour the orange juice into a large bowl. In a cup, combine the cinnamon, nutmeg and ground red pepper. Cut a 1/2-inch-thick slice from stem end of apples. With a mandolin or chefs knife, cut each apple into into 1/4-inch rounds. Remove the seeds. Add the apples to the orange juice and toss to coat. Drain the apples and arrange without overlapping, on 3 to 4 trays. Arrange the bananas without overlapping, on 1 to 2 trays. Place spice mixture in a fine sieve and sprinkle evenly over the fruit.

Place the trays in the dehydrator. Close the damper door. Turn the machine ON. Set the TIME to 8 hours and the TEMP to 131°F. Dehydrate, checking the fruit periodically and rearranging the trays if necessary, until the fruit no longer shows any beads of moisture. Turn the machine OFF and let the chips cool completely. Keep the damper door closed. Store the chips in zip-close plastic bags or airtight plastic containers.



YIELD 2 1/2 CUPS
PREP TIME 25 MINUTES
COOKING TIME 22 HOURS

INGREDIENTS

Dried herbed tomatoes

4 POUNDS ASSORTED CHERRY, GRAPE
OR OTHER SMALL TOMATOES, HALVED
1 1/2 TEASPOONS DRIED THYME
1 1/2 TEASPOONS DRIED CRUSHED ROSEMARY
1 TEASPOON KOSHER SALT

Dried Herbed Tomatoes

Directions

Place the tomatoes, cut side up and at least 1/2-inch apart, on 6 trays. In a cup, combine the thyme and rosemary. Crumble the herbs evenly over the tomatoes, then sprinkle the tomatoes evenly with the salt.

Place the trays in the dehydrator. Close the damper door. Turn the machine ON. Set the TIME to 19 hours 30 minutes and the TEMP to 131°F. Dehydrate, checking periodically and rearranging the trays if necessary. Transfer any tomatoes that are completely dry but still pliable to wire racks. Reset the TIME to 2 hours 30 minutes and the temperature to 131°F. Dehydrate the remaining tomatoes until completely dry but still pliable. Remove the trays from the machine and let the tomatoes cool completely. Store the tomatoes in a zip-close plastic bag or airtight plastic container.



YIELD 14 CUPS
PREP TIME 15 MINUTES
COOKING TIME 5 HOURS

INGREDIENTS

Cheesy kale chips

1 1/2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
1/2 TEASPOON PAPRIKA
1/2 TEASPOON KOSHER SALT
1/8 TEASPOON GROUND RED PEPPER (CAYENNE)
1 (12-OUNCE) BUNCH CURLY KALE, RINSED AND DRIED WELL
2/3 CUP FRESHLY GRATED PARMESAN OR PECORINO CHEESE

Cheesy Kale Chips

Directions

Remove the thick stems from the kale and tear the leaves into large pieces. Place the leaves in a large bowl. In a small bowl, whisk together the olive oil, paprika, salt and ground red pepper. Drizzle the oil mixture over the kale and rub into the leaves. Add the parmesan cheese and toss to coat.

Arrange the kale leaves without overlapping on 5 trays. Place the trays in the dehydrator. Close the damper door. Turn the machine ON. Set the TIME to 5 hours and the TEMP to 104°F. Dehydrate, checking periodically and rearranging the trays if necessary, until the leaves are completely crisp. Remove the trays from the machine and let the kale chips cool completely. Store in the chips in zip-close plastic bags or airtight plastic containers.