



RECIPES FOR DEHYDRATING YOUR FOOD

Shepherds Pie

½ kilo ground beef
1 Onion finely chopped
2 tablespoons oil
2 or 3 cloves of garlic, finely chopped
fresh herbs, basil, oregano, chives, parsley
chopped finely
mushrooms (optional) finely chopped
Instant gravy powder

Cook up garlic in oil until soft,
Add onion and fry till soft
Add ground beef, herbs and mushrooms,
making sure that there are no large lumps of
beef. Cook until no longer pink. Add instant
gravy powder and stir through.

When cool, put on solid tray of dehydrator and
dehydrate commence dehydrating. When
partially dried, move to meat to slotted rack and
put more of mixture onto solid rack, this speeds
up the drying process. Continue dehydrating
until absolutely dry. Break up lumps and divide
up into quantity sufficient for one meal and add
some dried peas and carrots if required. Store
in airtight container in freezer until you want to
use.

When you wish to re-hydrate, cover with boiling
water and let stand until soft, add additional
water if you wish to have more of a gravy
consistency. In separate container make up
Deb Instant Mashed Potatoes and put on top of
re-hydrated meat, voila, "Shepherds Pie".

Dehydrated Egg

Take 1 dozen eggs, separate whites from the
yolks.

Whites: Whip the whites into a stiff meringue
adding 1 tsp cream of tartar per dozen eggs.
Cover solid tray with beaten egg white and
dehydrate at 110 – 120F (46C). It should dry in
about an hour in a good dryer. Once dry, crush
to fine powder and package separately to
yolks.

Yolks: Beat until smooth, dehydrate same as
for whites (but this will dry as a leather). When
it feels dry, crush/grind to fine powder.

To re-hydrate, take 1 tablespoon white and 1
tablespoon yolk, mix with 3 tbs water.
Rehydrate for 10 min until it becomes thick,
and cook as for scrambled eggs.

Onions

Peel and slice into 5mm slices or rings, spread
onto mesh sheets and dehydrate at 55C for 10
hours or until they are crisp.

Italian Sausage Risotto

3 Italian sausages
1 onion, finely chopped
2 cloves of garlic, finely chopped
2 cups Arborio Rice
Heaps of stock – maybe 6 cups (chicken, beef
or vegetable)
Parmesan Cheese
Dried peas
Parsley

Cook Italian sausages in large pan until cooked
through, remove and let cool. Cut up in small
pieces (1 cm cubes or less). In pan cook onion
and garlic until soft, return sausages to pan and
add Arborio rice, mix well and add stock, a little
at a time, stirring until stock is absorbed. Keep
adding stock and stirring until rice is soft. Add
Parmesan Cheese and parsley and mix
through.

Remove from heat and when cool, place on
solid tray of dehydrator, dehydrate until half
way dried and move to slotted rack of
dehydrator, putting more mixture on solid until
all is dehydrated. Add dried peas and divide
into single portions. Store in freezer until ready
to use. When re-hydrating, cover with boiling
water and let stand for an hour or two and then
reheat. When re-hydrated, should be crumbly
but not soggy, if too soggy, add a little Deb.



RECIPES FOR DEHYDRATING YOUR FOOD

Beef Curry – Harak Mas

1.5kg stewing beef steak
3 tablespoons ghee or oil
2 large onions, finely chopped
1 tablespoon fresh ginger, finely chopped
4 cloves garlic, finely chopped
4 tablespoons Ceylon curry powder (see below)
1 tsp ground turmeric
2 tsp black mustard seeds
2 tsp salt
1 tablespoon vinegar
3 ripe tomatoes, peeled or chopped or 400g can diced tomatoes

Ceylon curry powder (it really makes a difference)

1 cup coriander seeds
½ cup cumin seeds
1 tablespoon fennel seeds
1 tsp fenugreek seeds
5cm cinnamon stick
1 tsp whole cloves
1 tsp cardamom seeds
2 tablespoons dried curry leaves
2 tsp chilli powder

In a dry pan over low heat roast separately coriander; cumin; fennel; fenugreek; stirring constantly until the spice is a dark brown (DON'T BURN). Put into blender with other spices and blend on high speed until finely powdered. Store in an airtight jar.

This recipe is adapted for dehydration in an Ezidry Snackmaker with 15 trays.

Trim all fat and (within reason) all gristle from the meat. Cut the meat lengthways (with the grain) into strips about 1 cm to 1.5 cm wide. Cut the strips diagonally, across the grain, into pieces about 5 to 6 mm wide. Depending on your butcher and which cut you select, you will lose between 5% and 20% of the purchased weight. The recipe above is based on trimmed weight.

Heat ghee in saucepan and gently fry onions, ginger and garlic until just beginning to turn gold. Add curry powder, tumeric, mustard seeds and fry over low heat for 3 minutes. Add salt and vinegar and stir well. Add meat and fry, stirring to coat meat well. Add chillies and tomatoes, cover pan and simmer on very low heat until done.

Using a piece of paper towel, wipe the solid sheets with a film of (olive) oil. Spread the meat thinly and evenly on as many trays as needed

and set to high. When it is dry enough to move, remove from solid sheets, transfer to mesh sheets and continue drying on high. When dry, pack and store in the freezer.

Ghee Rice

1.5kg rice
5 tablespoons ghee
3 large onions, peeled and chopped
15 green cardamom pods, bruised
9 whole cloves
3 cinnamon sticks
6 teaspoons salt
2.75 litres stock (for 500g rice, use 1 litre stock)

In a heavy saucepan, heat ghee and fry onion until golden.

Add spices and rice and fry for about 3 minutes, stirring.

Add stock and salt and bring to the boil.

Lower heat, cover and cook for 15 minutes, not lifting the lid.

Turn off the heat and let rice continue to steam for a further 5 minutes without lifting lid.

Uncover and let stand for a further 5 minutes.

Spread rice evenly and as thinly as possible on solid sheets, start dehydrating on high.

When rice has started to stiffen up, transfer to mesh sheets and continue dehydrating on high.

After about 4 hours, turn rice over on mesh sheets and continue with dehydration.

This recipe is very dependent on the humidity.

If high, it takes at least overnight to complete and sometimes longer.

On completion, tip into large bowl and break up pieces (or use the food processor with the metal blade. Don't be tempted to use the plastic blade, it will wear down rapidly!).



RECIPES FOR DEHYDRATING YOUR FOOD

Beef pepper curry -Kuruma Iraichchi

1.5 kg lean stewing steak
3 tsps salt
6 tsps fresh ground black pepper
1-1/2 tablespoons ground coriander
3 tsps ground cumin
1/1-2 tsps ground fennel
1 tsp ground tumeric
3 medium onions, finely chopped
5 cloves garlic, finely chopped
3 tsp fresh ginger, finely grated
3 fresh red chillies, seeded and sliced
12 curry leaves
1 stem lemon grass or two thin slices lime
3 tablespoons vinegar (I use cane vinegar)
2 cups thin coconut milk*
1 tablespoon ghee
1 cup thick coconut milk* (use 400 ml can coconut cream, reserve 1 cup thick, add water to balance for two cups, above)

This recipe is adapted for dehydration in an Ezidry Snackmaker with 15 trays.

Trim all fat and (within reason) all gristle from the meat. Cut the meat lengthways (with the grain) into strips about 1 cm to 1.5 cm wide. Cut the strips diagonally, across the grain, into pieces about 5 to 6 mm wide. Depending on your butcher and which cut you select, you will lose between 5% and 20% of the purchased weight. The recipe above is based on trimmed weight.

Place meat into a suitable pan and season with salt and pepper (mix well).
Roast coriander in a dry frypan and add to meat, mix well.
Roast cumin and fennel together and set aside.
Add all ingredients except cummin, fennel, ghee, thick coconut milk to meat.
Bring slowly to the boil, reduce heat and simmer covered to reduce liquid.
Judgement time!!!
Pour gravy into another pan using a large sieve.
Put ghee in the original pan, return the meat and fry for a few minutes – stirring!
Add cumin and fennel to thick coconut milk and mix with gravy.
Add to meat and simmer uncovered over very low heat until thick enough to load into dehydrator.

Using a piece of paper towel, wipe the solid sheets with a film of (olive) oil. Spread the meat thinly and evenly on as many trays as needed

and set to high. When it is dry enough to move, remove from solid sheets, transfer to mesh sheets and continue drying on high. When dry, pack and store in the freezer.

Chilli con carne (microwave recipe)

600g onions, peeled and quartered
3 cloves garlic, peeled and smashed
3 tbs whole dried red chillies, each about 2.5cm
4 x 400g tins Italian plum tomatoes
2-1/2 tsp ground cumin
2-1/2 tsp ground coriander
2 tsp chilli powder (or to taste)
1 tsp dried oregano
1 tsp dried marjoram
½ tsp cayenne pepper
8cm cinnamon stick
1.5kg lean beef, trimmed of fat, cut into 6mm cubes
¾ cup coarsely chopped fresh coriander leaves
50g unsweetened chocolate, chopped
3 tbsp red wine vinegar
4 tsp cooking salt

Place onions, garlic and chillies in a food processor. Process until coarsely chopped. Drain tomatoes, reserving juice, and add to food processor. Process until coarsely chopped.
Place in above dish and add reserved tomato juice.
Stir in cumin, coriander, chilli powder, oregano, marjoram, cayenne pepper and cinnamon.
Cook, uncovered, at 100% for 9 minutes.
Stir in beef and fit lid on dish, leaving vent open. Cook at 100% for 15 minutes.
Stir in coriander, chocolate, vinegar and salt and remove cinnamon stick

Using a piece of paper towel, wipe the solid sheets with a film of (olive) oil. Spread the meat thinly and evenly on as many trays as needed and set to high. When it is dry enough to move, remove from solid sheets, transfer to mesh sheets and continue drying on high. When dry, pack and store in the freezer.



RECIPES FOR DEHYDRATING YOUR FOOD

Dry Fried Beef Curry – Rendang Daging

1.5kg lean beef, trimmed of fat, cut into strips about 1cm wide and 3cm long
2 medium onions, roughly chopped
6 cloves garlic
1 tbsp chopped fresh ginger
6 fresh red chillies, seeded
2 cups thick coconut milk
1-1/2 tsp cooking salt
1 tsp ground turmeric
3 tsp chilli powder (or to taste)
2 teaspoons ground coriander
6 curry leaves
1 stem fresh lemon grass or 3 strips thinly peeled lemon rind
½ cup tamarind liquid
2 teaspoons sugar (preferably Palm Sugar)

Put onion, garlic, ginger and chillies in food processor. Process until finely chopped. Transfer to blender and add ½ cup coconut milk. Blend until smooth. Pour into a large saucepan and wash out blender with remaining coconut milk. Add to saucepan with salt, turmeric, chilli powder,

coriander, curry leaves and lemon grass or lemon. Mix well, add meat and bring quickly to the boil. (See note below)

Reduce heat to moderate, add tamarind liquid and cook uncovered, until gravy is thick, stirring occasionally. Turn heat to low and continue cooking until gravy is almost dry, stirring frequently to ensure that mixture does not stick to pan. At end of cooking time, approximately 2-1/2 hours, when oil separates from the gravy, add sugar and stir constantly. Allow meat to fry in the oily gravy until it is dark brown.

Alternatively:

Preheat slow cooker and transfer mixture to bowl of slow cooker. Add tamarind liquid and cook uncovered, until gravy is thick, stirring occasionally. Continue on low heat to reduce liquid to reasonable consistency for dehydrating. Add sugar, stirring in well. Using a piece of paper towel, wipe the solid sheets with a film of (olive) oil. Spread the meat thinly and evenly on as many trays as needed and set to high. When it is dry enough to move, remove from solid sheets, transfer to mesh sheets and continue drying on high. When dry, pack and store in the freezer.