

## Warranty card

ID		Order number	
Consignee Name		Phone	
Consignee address :			
Return requirements: Please use <input checked="" type="checkbox"/> Express <input type="checkbox"/> Repair <input type="checkbox"/> Returns <input type="checkbox"/> Exchange			
Reason for return			

ID		Order number	
Consignee Name		Phone	
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Reason for return			

### BUYERS NEED TO KNOW

- if you are dissatisfied with the goods, must receive the package within seven days to contact customer service consultation.
- If for return, please ensure the goods to ensure the original amount of raw commodities flawless and perfect.
- Because of your personal reasons for the impact of the two sale of goods, or goods received more than seven days, not returned.
- The quality of the goods, the wrong products, the lack of accessories, borne by the merchant (please pay the courier fee, toTime to apply for a refund, please do not send to pay peace mail, to pay the peace mail will be refused, please try to choose the economyExpress)
- Customers are not satisfied with the personal reasons (style does not like), the size of the purchase of goods and other non quality issues, Under the package, the cost of goods returned by the customer.

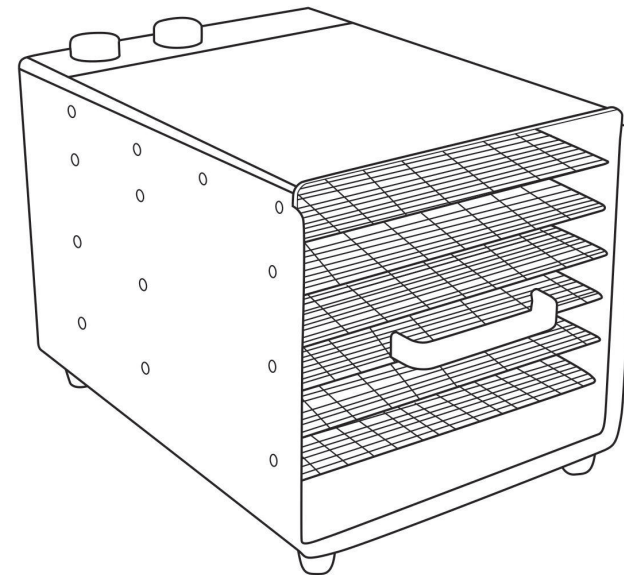
If you need a replacement, please fill in the registration form and send it to the following address:

**Imported By: Health Factor Foods Co. Ltd.**  
**RmA, 2/F, Blk 1, Camelpaint Building,**  
**62 Hoi Yuen Road, Kwun Tong, Kln, HK**  
**Tel: (852) 3997 3169 Fax: (852) 3590 3646**  
**Website: www.healthfactorhk.com**

Another: if the product has technical improvement, will be compiled into a new version of the specification, without notice; product appearance, color, if there is improvement in order to prevail in kind.

Special statement: all the information in this document has been carefully checked, if there is any typographical errors or misunderstanding of the content, the company reserves the right to interpret.

# Stainless Steel Dehydrator



**CAUTION!**

**DEHYDRATOR  
SURFACES  
BECOME HOT!**

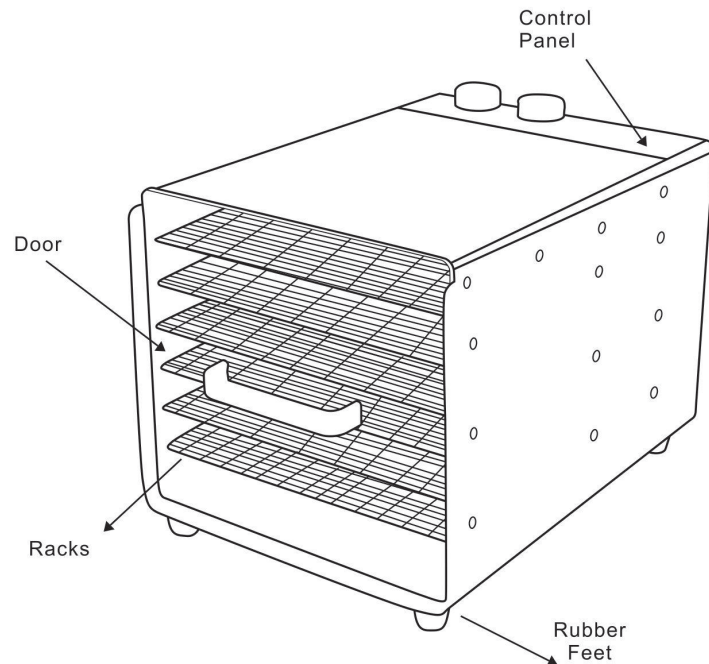
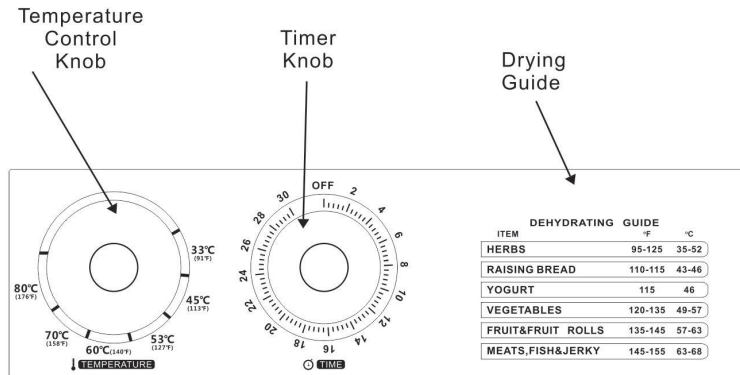


**HOT**  
**DO NOT TOUCH!**

**CAUTION! EDGES MAY BE SHARP!**

# Stainless Steel Dehydrator 6racks

Model No.ST-01



## PROBLEM SOLVING

### MOISTURE IN THE CONTAINER

**CAUSE:** Incomplete Drying. Food cut unevenly, thus incomplete drying. Dried foods left at room temperature too long after cooling, moisture has re-entered the foods.

**PREVENTION:** Test food for dryness before removing from the dehydrator. Cut foods evenly. Cool quickly and package immediately.

### MOLD ON FOOD

**CAUSE:** Incomplete drying. Food not checked for moisture content within a week. Storage container not air-tight. Storage temperature too warm/moisture in food. Case hardening may have occurred, meaning the food was dried at too high of temperature and food was dried on the outside but not completed dried on the inside.

**PREVENTION:** Test several food pieces for dryness. check the storage container within 1 week for moisture ,then redry food if needed. use air-tight containers for storage. Store foods in cool areas that are 70°F(21°C) or below. Dry foods at appropriate temperatures/use the drying guide for reference.

### BROWN SPOTS ON VEGETABLES

**CAUSE:** Too high of drying temperature used. Vegetables were over-dried.

**PREVENTION:** Dry foods at appropriate temperatures/use the drying guide for reference. Check foods often for dryness.

### FOOD STICKING TO THE RACKS

**CAUSE:** Food not being turned over.

**PREVENTION:** After one hour of dehydrating, use a spatula and flip the foods.

## STORING JERKY

Wrap jerky/snack sticks in aluminum foil and store in a thick plastic food storage bag, or place jerky/snack sticks in a jar with a tight lid. Avoid storage in plastic containers or bags without first wrapping in aluminum foil or wax paper. Jerky/snack sticks should be stored in a dark, dry place between 50-60°F (10-16°C). You can store properly dried jerky/snack sticks at room temperature for 1 to 2 months. To extend the shelf life to up to 6 months, store jerky/snack sticks in the freezer. Be sure to label and date all packages.

## FRUIT ROLL-UPS

1. Select ripe or slightly over-ripe fruits. Wash and remove blemishes, pits and skin.
2. Puree in a blender. Add yogurt, sweeteners or spices as desired. The puree should be thick in consistency.
3. Cover the **Dehydrator Racks** with plastic wrap.
4. Pour 1-1/2 to 2 cups of the puree onto the covered racks. Carefully place the racks in the dehydrator.
5. The edges will dry quicker than the center, pour the puree thinner at the center of the **Tray**.
6. The average drying time for the fruit roll-ups is 4 to 6 hours.
7. Once the fruit roll-ups are shiny and non-sticky to the touch, remove them from the dehydrator and allow them to cool.
8. Peel the fruit roll-up from the plastic wrap and roll into cylinders.

## DRYING FLOWERS & CRAFTS

- The flowers should be dry to start with, best if picked after the dew has dried and before the night damp sets in. Dry the flowers as soon as possible after picking.
- The best condition for drying flowers is a dry, warm, dark, clean and well ventilated area, which makes a dehydrator an ideal setting. Flowers will retain the best color and condition when dried quickly.
- A low temperature should be used to retain the natural oils.
- Strip off the leaves or if you prefer to keep the foliage. Discard any brown or damaged leaves.
- Place on the **Dehydrator Tray** in a single layer, avoiding overlapping.
- Drying times will vary considerably depending on the size of the flower and the amount of foliage. Dry at 100°F (38°C).
- Dough art and beads can be dried in the dehydrator. Temperatures may vary.

## CHOOSING FOODS

- Use the best quality foods. Fruit and vegetables in peak season have more nutrients and more flavor. Meats, fish and poultry should be lean and fresh.
- Do not use food with bruises or blemishes. Bad fruits and vegetables may spoil the entire batch.
- Always use lean meats. Remove as much fat as possible before dehydrating.  
**NOTE:** use paper towel under meat when dehydrating to absorb fat.

## PRE-TREATMENT OF FOODS

As with most types of cooking, proper preparation is essential for successful results. Adhering to a few basic guidelines will greatly increase the quality of your dried foods and decrease the amount of time necessary to dry them.

Pre-treated foods often taste better and have a better appearance than non-treated foods. There are several methods to pre-treat food to prevent oxidation, which will darken apples, pears, peaches and bananas while drying:

- Remove any pits, skin or cores.
- Shred, slice or dice the food uniformly. Slices should be between 1/4" (0.6 cm) and 3/4" (1.9cm) thick. Meats should be cut no more than 3/16" (0.5 cm) thick.
- Steam or roast meat to 160°F (71°C) and poultry to 165°F (74°C) as measured with a food thermometer before dehydrating.
- The temperature of the Dehydrator must be maintained at 130°-140°F (55°-60°C) throughout the drying process.
- Drying fish into jerky requires a lot of attention. It must be cleaned and de-boned properly and rinsed thoroughly to ensure that all the blood is washed away. Steam or bake the fish at 200°F (93°C) until flaky before dehydrating.
- Soak cut fruit in either lemon or pineapple juice for a few minutes before placing out on the Dehydrating Racks.
- Use an ascorbic acid mix which can be purchased in most health food stores or pharmacies. It may come in either powder or tablet form. Dissolve approximately 2-3 tablespoons into 1 quart (1 liter) or water. Soak the fruit slices into the solution for 2-3 minutes, then place on the Dehydrating Racks.
- Fruits with a wax coating (figs, peaches, grapes, blueberries, prunes, etc.) should be dipped in boiling water to remove the wax. This allows moisture to escape easily when dehydrating.
- Blanching can pre-treat food for dehydrating. Blanching does not destroy helpful enzymes and helps retain nutrients. There are two ways to blanch food:
  1. **WATER BLANCHING:** Use a large pan; fill it half way with water. Bring water to a boil. Place food directly into boiling water and cover. Remove after three minutes. Arrange food on the **Dehydrating Racks**.
  2. **STEAM BLANCHING:** Using steamer pot bring 2-3" (5-7cm) of water to a boil in bottom section. Place food in steamer basket and steam for 3-5 minutes. Remove steamed food and arrange on **Dehydrating Racks**.

## TIPS

- Do not overlap foods. Lay foods flat on the **Dehydrating Racks**.
- Check dryness after 6 hours, then check every 2 hours until crisp, pliable or leathery depending on the product.
- Check foods to make sure they are completely dry before removing. Open or cut down the middle of a few samples to check internal dryness. If the foods is still moist, dehydrate longer.
- Label each container with the food name, date of drying and the original weight. Keep a journal to help improve drying techniques.
- Proper storage is essential to maintain quality food. Package the food when cool. Foods can be kept longer if stored in a cool, dark, dry place. The ideal storage temperature is 60°F (16°C) or lower.
- Place dried foods in plastic freezer bags before storing in metal or glass containers. Remove as much air as possible before sealing.
- Vacuum sealing is ideal for keeping dried foods.
- Remember, foods will shrink approximately 1/4 to 1/2 their original size and weight during the dehydration process, so pieces should not be cut too small. One pound of raw meat will yield approximately 1/3 lb. (0.2 kg) to 1/2lb. (0.2kg) of jerky.
- Use the **Drying Guide** on the **Control Panel** as a reference for proper temperature settings. If the heat is set too high, food may harden and dry on the outside... yet be moist on the inside. If the temperature is too low, the drying time will increase.

## REHYDRATING

While it is not necessary to reconstitute your dried foods, you can do so with ease. Vegetables can be used as a side dish or in recipes very effectively after being reconstituted in the following way.

- Dehydrated food can be re-hydrated by soaking in cold water for 3-5 minutes. Use 1 cup of water for 1 cup of dehydrated food. Once re-hydrated, the food can be cooked normally. Soaking foods in warm water will speed up the process, however, it may result in loss of flavor.
- Dehydrated fruits and vegetables can be soaked in cold water for 2-6 hours in the refrigerator. **WARNING! Soaking at room temperature allows harmful bacteria to grow.**
- Do not add seasoning. Adding salt or sugar during re-hydration may change the flavor of the food.
- To make stewed fruits or vegetables, add 2 cups of water and simmer until tender.
- Consume dehydrated foods as soon as possible once the storage container is opened, keep any unused portions in the refrigerator to avoid contamination.

## FOOD SAFETY

There are basic rules to follow when handling food.  
They are **COOK, SEPARATE, CLEAN, and CHILL.**

### COOK

It's crucial to cook food to a safe internal temperature to destroy bacteria that is present. The safety of hamburgers and other foods made with ground meat has been receiving a lot of attention lately, and with good reason. When meat is ground, the bacteria present on the surface is mixed throughout the ground mixture. If this ground meat is not cooked to at least 160°F to 165°F (71°C to 74°C), bacteria will not be destroyed and there's a good chance you will get sick.

Solid pieces of meat like steaks and chops don't have dangerous bacteria like E. coli on the inside, so they can be served more rare. Still, any beef cut should be cooked to an internal temperature of at least 145°F (63°C) (medium rare). The safe temperature for poultry is 180°F (82°C) and solid cuts of pork should be cooked to 160°F (71°C). Eggs should be thoroughly cooked too. If you are making a meringue or other recipe that uses uncooked eggs, buy specially pasteurized eggs or use prepared meringue powder.

### SEPARATE

Foods that will be eaten uncooked and foods that will be cooked before eating **MUST ALWAYS** be separated. Cross-contamination occurs when raw meats or eggs come in contact with foods that will be eaten uncooked. This is a major source of food poisoning. Always double-wrap raw meats and place them on the lowest shelf in the refrigerator so there is no way juices can drip onto fresh produce. Then use the raw meats within 1-2 days of purchase, or freeze for longer storage. Defrost frozen meats in the refrigerator, not on the counter.

When grilling or cooking raw meats or fish, make sure to place the cooked meat on a clean platter. Don't use the same platter you used to carry the food out to the grill. Wash the utensils used in grilling after the food is turned for the last time on the grill, as well as spatulas and spoons used for stir-frying or turning meat as it cooks.

Make sure to wash your hands after handling raw meats or raw eggs. Washing hands with soap and water, or using a pre-moistened antibacterial towelette is absolutely necessary after you have touched raw meat or raw eggs. Not washing hands and surfaces while cooking is a major cause of cross-contamination.

### CLEAN

Wash your hands and work surfaces frequently when you are cooling. Washing with soap and warm water for at least 15 seconds, then dry with a paper towel.

### CHILL

Chilling food is very important. The danger zone where bacteria multiply is between 40°F and 140°F (4°C and 6°C). your refrigerator should be set to 40°F (4°C) or below; your freezer should be 0°F (-17°C) or below. Simple rule: serve hot foods hot, cold foods cold. Use chafing dishes or hot plates to keep food hot while serving. Use ice water baths to keep cold foods cold. Never let any food sit at room temperature for more than 2 hours-1 hour if the ambient temperature is 90°F (32°C) or above. When packing for a picnic, make sure the foods are already chilled when they go into the insulated hamper. The hamper won't chill food-it just keeps food cold when properly packed with ice. Hot cooked foods should be placed in shallow containers and immediately refrigerated so they cool rapidly. Make sure to cover foods after they are cool.

**NOTE:** Special considerations must be made when using venison or other wild game, since it can become heavily contaminated during field dressing. Venison is often held at temperatures that could potentially allow bacteria to grow, such as when it is being transported. Refer to the USDA Meat and Poultry department for further questions or information on meat and food safety.