

# Thank you for your purchase!

(We hope you love our new food dehydrator as much as we do.)



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#### **CONTACT OUR CHEFS**

Our helpful, in-house chefs are ready to assist you with any questions you might have!

Email: recipes@cosori.com Toll-Free: (888) 402-1684 M-F: 9:00am - 5:00pm PT

On behalf of all of us at Cosori.

Happy cooking!

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### Tips from the Chef

This handy cookbook will illustrate how to get the most out of your Cosori Food Dehydrator.

#### **CLEANING TRAYS**

- Soak the trays in hot, soapy water for easy removal of food residue between the tray grooves.
- If you don't have a large enough sink to soak the trays, use a toothbrush to brush away food residue.
- To make cleanup easier, use parchment paper to line your trays while dehydrating.

#### **CLEANING BASE**

- Remove chunks of food that may have fallen onto the base.
- Dampen a clean washcloth with warm water. Use the washcloth to remove any food residue on the base of the dehydrator.

#### **MOVING TRAYS**

- Food placed on the lower trays of the dehydrator will cook faster than the top trays.
- Moving the lower trays to the top every few hours will help your food finish drying around the same time.

#### HANDLING STALE FOOD

- Do you have stale cookies, crackers, cereal, or chips? Missing that satisfying crunching sound? No problem. Re-crisp your stale foods with ease! Place them in a single layer on the dehydrator trays and dehydrate at 145°F for 1 to 2 hours.
- Thinking of throwing away that stale bread? Turn it into breadcrumbs by dehydrating the bread.

#### **STORAGE**

- Store your dehydrated foods in airtight containers, mason jars, or even freezer bags. Don't store directly in a metal container.
- If storing in freezer bags, make sure to remove as much air as possible before sealing.
- After dehydrating, food will be warm.
   Before storing, make sure to let your food cool for 30 minutes to 1 hour.
- If any condensation forms in your containers, that means that your food was not dehydrated properly. Simply place it back in the dehydrator for additional time.
- Storage temperature should be 50°F (10°C) or lower.
- You can store dried fruit, vegetables, herbs, nuts, and bread for up to 1 year in the refrigerator or freezer.
- Dried meats, poultry, and fish should only be stored for 3 months if kept in the refrigerator, or up to 1 year in the freezer.

### Tips from the Chef (cont.)

#### **DEHYDRATING FOOD**

- Adding lemon juice to fruits, like apples and bananas, can help prevent them from turning brown. Squeeze lemon juice over your fruits or let them sit in a solution of lemon juice and water for 5 minutes before dehydrating.
- Choose lean meats or cut the fat off fatty meats when making jerky. Fat can turn rancid and can affect the quality of your food
- When dehydrating vegetables, be sure to blanch them for 1 minute first. Blanching will help them retain their color, flavor, and texture.
- Cut your food into evenly sized pieces.
  This will ensure that all pieces finish
  dehydrating at the same time. You can
  partially freeze meat for even slicing.
  A mandolin works best for slicing up
  vegetables or fruit.
- Avoid trying to dry food faster by increasing the temperature. This can lead to the outside over-drying and the inside unevenly dried.
- If the food seems soft or spongy, place the food back into the dehydrator for additional drying time. The ideal result is dry and firm.

#### DEHYDRATING GUIDE

Temperature	Uses
95°F	Herbs and Flowers
125°F	Vegetables
135°F	Citrus Peel
145°F	Fruit and Fish
150°F	Nuts and Seeds
165°F	Meat, Root Vegetables, Fruit Rolls

# **Cheat Sheet**

Fruits	Туре	Preparation	Texture	Dry Time (hours)
Apples	Fruit	Peel, core, and cut into rings	Pliable	5-6
Apricots	Fruit	Cut in half, or slice and remove pit	Pliable	12-24
Bananas	Fruit	Peel and cut into ¼-inch- thick slices	Crisp	8-24
Cherries	Fruit	Cut in half and pit	Leathery	8-36
Cranberries	Fruit	Leave whole	Pliable	6-30
Dates	Fruit	Remove pit and slice	Leathery	6-24
Figs	Fruit	Slice	Leathery	6-24
Grapes	Fruit	Leave whole	Pliable	8-38
Mangoes	Fruit	Remove skin and cut into %-inch-thick slices	Pliable	6-16
Nectarines	Fruit	Cut in half or slice and remove pit	Pliable	8-26
Peaches	Fruit	Peel, pit, and cut into slices	Pliable	12-20
Pears	Fruit	Peel and slice	Pliable	10-24
Strawberries	Fruit	Trim and cut into %-inch- thick slices	Pliable	8-24
Orange Rind	Citrus Peel	Peel in long strings	Brittle	8-16
Lemon Rind	Citrus Peel	Peel in long strings	Brittle	8-16
Lime Rind	Citrus Peel	Peel in long strings	Brittle	8-16

Herbs	Туре	Preparation	Texture	Dry Time (hours)
Chives	Herb	Chop	Brittle	6-10
Rosemary	Herb	Leave on stem	Brittle	6-10

Nuts	Туре	Preparation	Texture	Dry Time (hours)
Almonds	Nut	Soak for 8 hours	Crunchy	8-24

# Cheat Sheet (cont.)

Vegetables	Туре	Preparation	Texture	Dry Time (hours)
Asparagus	Vegetable	Cut into 2-inch-long pieces	Brittle	6-14
Brussels Sprouts	Vegetable	Cut sprouts from stalk, then in half	Crisp	8-30
Broccoli	Vegetable	Trim, cut, and steam till tender (3-5 minutes)	Brittle	6-20
Cabbage	Vegetable	Core, trim, and cut into 1/e-inch strips	Leathery	6-14
Cauliflower	Vegetable	Trim, cut, and steam until tender (3-5 minutes)	Leathery	6-16
Celery	Vegetable	Cut stalks into 1/4-inch slices	Brittle	6-14
Cucumber	Vegetable	Cut into 1/2-inch-thick slices	Leathery	6-18
Eggplant	Vegetable	Trim and cut into ¼-inch to ½-inch-thick slices	Brittle	6-18
Garlic	Vegetable	Remove skin from clove and trim root end	Brittle	6-16
Green Beans	Vegetable	Trim ends and steam blanch	Brittle	8-26
Mushrooms	Vegetable	Slice, chop, or leave whole	Leathery	6-14
Onions	Vegetable	Slice thinly or chop	Brittle	8-14
Peas	Vegetable	Blanch for 3-5 minutes	Brittle	8-14
Peppers	Vegetable	Remove seeds and cut into 1/4-inch-thick strips or rings	Brittle	6-14
Rhubarb	Vegetable	Remove outer skin and cut into 1/8-inch-thick pieces	Brittle	8-38
Spinach	Vegetable	Steam blanch until wilted	Brittle	6-16
Tomatoes	Vegetable	Remove skin and slice	Leathery	8-24
Zucchini	Vegetable	Slice into 1/8-inch-thick pieces	Crisp	8-18
Beets	Root Vegetable	Blanch, cool, remove tops and roots, slice	Brittle	8-26
Carrots	Root Vegetable	Trim, cut, and steam until tender (3-5 minutes)	Leathery	6-12
Potatoes	Root Vegetable	Slice, dice or cut. Steam or blanch for 8-10 minutes	Brittle	10-14



Jerkies



# Beef Jerky

YIELDS 4 SERVINGS

**PREP:** 12 hours 10 minutes **DEHYDRATE:** 6 hours

2 pounds beef eye of round ½ cup Worcestershire sauce

½ cup soy sauce

1 tablespoon honey

1 teaspoon salt

- **CUT** the beef across the grain into 5-mm-thick slices.
- 2 MIX the Worcestershire, soy sauce, honey, and salt until well combined.
- 3 PLACE the beef and marinade in a sealable plastic bag. Mix well
- 4 MARINATE in the fridge for 12 hours or overnight.
- 5 DRAIN and then discard the marinade.
- 6 PLACE the marinated beef evenly between the Cosori Food Dehydrator trays.
- **7 DRY** at 165°F for 6 hours, or until done.



# Candied Sweet and Spicy Bacon

YIELDS 4 SERVINGS

**PREP:** 12 hours 10 minutes **DEHYDRATE:** 6 hours

10 strips bacon

- 3 tablespoons soy sauce
- 3 tablespoons brown sugar
- 2 tablespoons garlic chili sauce
- 2 teaspoons sesame oil
- 2 teaspoons mirin

- **CUT** bacon strips into halves or thirds. Set aside.
- **COMBINE** all ingredients into a bowl until well mixed.
- 3 PLACE the cut bacon and marinade into a sealable plastic bag. Mix well.
- 4 MARINATE in the fridge for 12 hours or overnight.
- PLACE the bacon evenly between the Cosori Food Dehydrator trays.
- 6 DRY at 165°F for 6 hours, or until done.

# Beef Teriyaki Jerky

#### **YIELDS 4 SERVINGS**

**PREP:** 12 hours 10 minutes **DEHYDRATE:** 6 hours

- 2 pounds beef eye of round ½ cup soy sauce ½ cup light brown sugar ½ teaspoon ginger, grated 1 garlic clove, crushed ½ cup pineapple juice
- 1 **CUT** the beef across the grain into 5-mm-thick slices.
- MIX the soy sauce, light brown sugar, grated ginger, garlic, and pineapple juice until well combined.
- 3 PLACE the beef and marinade in a sealable plastic bag and mix well.
- **4 MARINATE** in the fridge for 12 hours or overnight.
- 5 DRAIN and then discard the marinade.
- 6 PLACE the marinated beef evenly between the Cosori Food Dehydrator trays.
- **7 DRY** at 165°F for 6 hours, or until done.

# Vietnamese Style Beef Jerky

YIELDS 4 SERVINGS

**PREP:** 12 hours 10 minutes **DEHYDRATE:** 6 hours

2 pounds beef eye of round 3 tablespoons Asian fish sauce 1 tablespoon soy sauce 1 lime, juiced

¼ cup brown sugar

- 1 CUT the beef across the grain into 5-mm-thick slices. Set aside.
- 2 MIX the fish sauce, soy sauce, lime juice, and brown sugar until well combined.
- 3 PLACE the beef and marinade in a sealable plastic bag. Mix well.
- **4 MARINATE** in the fridge for 12 hours or overnight.
- **5 DRAIN** and discard the marinade.
- 6 PLACE the sliced beef evenly between the Cosori Food Dehydrator trays.
- 7 DRY at 165°F for 6 hours, or until done.

### **Breakfast Bacon Jerky**

YIELDS 4 SERVINGS

PREP: 10 minutes
DEHYDRATE: 6 hours

- 10 strips applewood smoked bacon
- % teaspoon dried thyme
- 1/2 teaspoon dried sage
- 1 teaspoon light brown sugar
- 1 teaspoon ground fennel seeds
- 1/2 teaspoon crushed red pepper
- 1/8 teaspoon black pepper
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder

- **CUT** bacon strips into halves or thirds. Set aside.
- 2 COMBINE all seasonings until well combined.
- **SPRINKLE** the seasoning liberally on each side of the bacon.
- 4 PLACE the bacon evenly between the Cosori Food Dehydrator trays.
- 5 DRY at 165°F for 6 hours, or until done.



# Jalapeño Lime Jerky

YIELDS 4 SERVINGS

**PREP:** 12 hours 10 minutes **DEHYDRATE:** 6 hours

2 pounds beef eye of round 12 jalapeños, seeded

4 limes, juiced

1 cup fresh cilantro

4 green onions, chopped

2 garlic cloves

1 teaspoon salt

1 teaspoon ground cumin

1 teaspoon crushed red pepper

½ teaspoon black pepper

**CUT** the beef across the grain into 5-mm-thick slices. Set aside

- BLEND the jalapeños, lime juice, cilantro, green onions, garlic, salt, cumin, crushed red pepper, and black pepper in a blender or food processor until smooth.
- 3 PLACE the beef and marinade in a sealable plastic bag. Mix well.
- 4 MARINATE in the fridge for 12 hours or overnight.
- **DRAIN** and discard the marinade.
- 6 PLACE the sliced beef evenly between the Cosori Food Dehydrator trays.
- 7 DRY at 165°F for 6 hours, or until done.



# Sriracha Honey Jerky

YIELDS 4 SERVINGS

**PREP:** 12 hours 10 minutes **DEHYDRATE:** 6 hours

2 pounds beef eye of round 1 cup Sriracha 6 tablespoons honey

4 teaspoons rice wine vinegar

1 teaspoon salt

- 1 **CUT** the beef across the grain into 5-mm-thick slices.
- MIX the Sriracha, honey, rice wine vinegar, and salt until well combined.
- 3 PLACE the beef and marinade in a sealable plastic bag. Mix well
- 4 MARINATE in the fridge for 12 hours or overnight.
- 5 DRAIN and discard the marinade.
- 6 PLACE the sliced beef evenly between the Cosori Food Dehydrator trays.
- 7 DRY at 165°F for 6 hours, or until done.

# Chipotle Pork Jerky

#### **YIELDS 2 SERVINGS**

**PREP:** 12 hours 10 minutes **DEHYDRATE:** 6 hours

- 1 pound pork tenderloin
- 1 can (7 ounces) chipotle adobo sauce
- 1 tablespoon tomato paste
- 1 teaspoon sugar
- 1 teaspoon garlic powder
- 1 teaspoon salt

- 1 CUT the tenderloin into 5-mm-thick slices. Set aside.
- BLEND the chipotle adobo sauce, tomato paste, sugar, garlic powder, and salt together in a blender until smooth.
- 3 PLACE the sliced tenderloin and chipotle marinade in a sealable plastic bag. Mix well.
- 4 MARINATE in the fridge for 12 hours or overnight.
- 5 PLACE the sliced pork evenly between the Cosori Food Dehydrator trays.
- 6 DRY at 158°F for 6 hours, or until done.

# Carolina Style Pork Jerky

#### **YIELDS 2 SERVINGS**

**PREP:** 12 hours 10 minutes **DEHYDRATE:** 6 hours

- 1 pound pork tenderloin ½ cup ketchup
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon chili powder
- 1 teaspoon ground mustard
- ½ teaspoon salt
- ½ teaspoon pepper

- 1 **CUT** the tenderloin into 5-mm-thick slices. Set aside.
- MIX the ketchup, smoked paprika, garlic powder, onion powder, chili powder, ground mustard, salt, and pepper until well combined.
- 3 PLACE the sliced pork and marinade in a sealable plastic bag. Mix well.
- **4 MARINATE** in the fridge for 12 hours or overnight.
- **5 DRAIN** and discard the marinade.
- 6 PLACE the sliced pork evenly between the Cosori Food Dehydrator trays.
- 7 DRY at 158°F for 6 hours, or until done.

# Beef Bulgogi Jerky

YIELDS 4 SERVINGS

- 2 pounds beef eye of round
- 4 tablespoons soy sauce
- 4 tablespoons brown sugar
- 1 tablespoon sesame oil
- 1 tablespoon garlic powder
- 1 teaspoon salt

- **CUT** the beef across the grain into 5-mm-thick slices.
- 2 MIX the soy sauce, brown sugar, sesame oil, garlic powder, and salt until well combined.
- 3 PLACE the beef and marinade in a sealable plastic bag. Mix well.
- **4** MARINATE in the fridge for 12 hours or overnight.
- 5 DRAIN and then discard the marinade.
- 6 PLACE the marinated beef evenly between the Cosori Food Dehydrator trays.
- 7 DRY at 165°F for 6 hours, or until done.



# Garlic Soy Jerky

YIELDS 4 SERVINGS

**PREP:** 12 hours 10 minutes **DEHYDRATE:** 6 hours

2 pounds beef eye of round <sup>2</sup>/<sub>3</sub> cup soy sauce

1 tablespoon Worcestershire sauce

4 teaspoons garlic powder

% cup light brown sugar

½ teaspoon salt

1 **CUT** the beef across the grain into 5-mm-thick slices. Set aside.

- MIX the soy sauce, Worcestershire, garlic powder, light brown sugar, and salt until well combined.
- 3 PLACE the beef and marinade in a sealable plastic bag. Mix well.
- 4 MARINATE in the fridge for 12 hours or overnight.
- **5 DRAIN** and discard the marinade.
- 6 PLACE the sliced beef evenly between the Cosori Food Dehydrator trays.
- **7 DRY** at 165°F for 6 hours, or until done.



# Thai Curry Jerky

YIELDS 4 SERVINGS

- 1 pound pork tenderloin
- 3 tablespoons Thai red curry paste
- 2 tablespoons fish sauce
- 1 lemongrass stalk, white part only, chopped
- 1 garlic clove
- 1 teaspoon brown sugar
- 2 tablespoons water
- 1/2 teaspoon salt

- **CUT** the tenderloin into 5-mm-thick slices. Set aside.
- 2 BLEND together the curry paste, fish sauce, lemongrass, garlic, brown sugar, water, and salt in a blender or food processor until smooth.
- **3 PLACE** the sliced tenderloin and Thai marinade in a sealable plastic baq. Mix well.
- 4 MARINATE in the fridge for 12 hours or overnight.
- 5 PLACE the sliced pork evenly between the Cosori Food Dehydrator trays.
- 6 DRY at 158°F for 6 hours, or until done.



# Smoky Maple Jerky

YIELDS 4 SERVINGS

- 2 pounds beef eye of round
- ½ cup maple syrup
- ¼ cup soy sauce
- 1 teaspoon liquid smoke
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon salt
- ½ teaspoon black pepper

- 1 **CUT** the beef across the grain into 5-mm-thick slices. Set
- MIX the maple syrup, soy sauce, liquid smoke, garlic powder, onion powder, salt, and black pepper until well combined
- PLACE the beef and marinade in a sealable plastic bag. Mix well
- 4 MARINATE in the fridge for 12 hours or overnight.
- **DRAIN** and then discard the marinade.
- 6 PLACE the sliced beef evenly between the Cosori Food Dehydrator trays.
- 7 DRY at 165°F for 6 hours, or until done.



# Jamaican Jerk Jerky

#### YIELDS 4 SERVINGS

- 2 pounds top round beef
- ½ cup fresh lime juice
- % cup distilled white vinegar
- 2 teaspoons ground black pepper
- 2 teaspoons salt
- 2 teaspoons onion powder
- 2 teaspoons dried thyme
- 2 tablespoons dark brown sugar
- 1 teaspoon ground allspice
- ½ teaspoon ground cinnamon
- 1 teaspoon cayenne pepper
- ½ teaspoon smoked paprika 2 teaspoons ginger, grated
- 4 garlic cloves, grated

- 1 CUT the beef across the grain into 5-mm-thick slices. Set aside.
- 2 MIX all of the ingredients until well combined.
- 3 PLACE the beef and marinade in a sealable plastic bag. Mix well
- MARINATE in the fridge for 12 hours or overnight.
- 5 DRAIN and then discard the marinade.
- 6 PLACE the sliced beef evenly between the Cosori Food Dehydrator trays.
- 7 DRY at 165°F for 6 hours, or until done.

### Balsamic Mustard Beef Jerky

#### YIELDS 4 SERVINGS

**PREP:** 12 hours 10 minutes **DEHYDRATE:** 6 hours

- 2 pounds beef eye of round 1 cup balsamic vinegar 2 tablespoons olive oil 1 tablespoon Dijon mustard 2 garlic cloves, crushed 1 teaspoon salt
- 1 CUT the beef across the grain into 5-mm-thick slices.
- MIX the balsamic vinegar, olive oil, Dijon mustard, garlic, and salt until well combined.
- 3 PLACE the beef and marinade in a sealable plastic bag. Mix well.
- 4 MARINATE in the fridge for 12 hours or overnight.
- 5 DRAIN and then discard the marinade.
- 6 PLACE the sliced beef evenly between the Cosori Food Dehydrator trays.
- **7 DRY** at 165°F for 6 hours, or until done.

### **Buffalo Beef Jerky**

#### **YIELDS 4 SERVINGS**

PREP: 12 hours 10 minutes DEHYDRATE: 6 hours

2 pounds beef eye of round 1 cup buffalo wing sauce 1 teaspoon salt

- **CUT** the beef across the grain into 5-mm-thick slices.
- 2 MIX the buffalo wing sauce and salt until well combined.
- 3 PLACE the beef and the marinade in a sealable plastic bag. Mix well.
- **4 MARINATE** in the fridge for 12 hours or overnight.
- 5 DRAIN and then discard the marinade.
- 6 PLACE the sliced beef evenly between the Cosori Food Dehydrator trays.
- **7 DRY** at 165°F for 6 hours, or until done.

# Brazilian BBQ Jerky

#### **YIELDS 4 SERVINGS**

- 2 pounds top round beef
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- 1 teaspoon onion powder
- 1 teaspoon ground coriander
- 1 teaspoon salt
- 1 teaspoon black pepper
- 4 garlic cloves, grated
- ½ cup lime juice
- ½ cup olive oil
- 1 teaspoon crushed red pepper

- **CUT** the beef across the grain into 5-mm-thick slices. Set aside.
- MIX the cumin, oregano, onion powder, coriander, salt, black pepper, garlic, lime juice, olive oil, and crushed red pepper until well combined.
- 3 PLACE the beef and marinade in a sealable plastic bag. Mix well.
- 4 MARINATE in the fridge for 12 hours or overnight.
- 5 DRAIN and discard the marinade.
- 6 PLACE the sliced beef evenly between the Cosori Food Dehydrator trays.
- 7 DRY at 165°F for 6 hours, or until done.



# **Sweet Heat Jerky**

**YIELDS 2 SERVINGS** 

- 2 pounds beef eye of round
- ½ cup soy sauce
- ½ cup Worcestershire sauce
- ½ cup ketchup
- 4 teaspoons Dijon mustard
- 6 tablespoons light brown sugar
- 4 teaspoons smoked paprika
- 1 tablespoon chile powder
- 1 tablespoon cayenne pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt

- 1 CUT the beef across the grain into 5-mm-thick slices. Set aside.
- MIX the soy sauce, Worcestershire, ketchup, mustard, brown sugar, smoked paprika, chile powder, cayenne pepper, garlic powder, onion powder, and salt until well combined.
- 3 PLACE the beef and marinade in a sealable plastic bag. Mix well.
- **4** MARINATE in the fridge for 12 hours or overnight.
- **DRAIN** and discard the marinade.
- 6 PLACE the sliced beef evenly between the Cosori Food Dehydrator trays.
- 7 DRY at 165°F for 6 hours, or until done.



# Peppered Jerky

YIELDS 4 SERVINGS

**PREP:** 12 hours 10 minutes **DEHYDRATE:** 6 hours

2 pounds top round beef ½ cup soy sauce ½ cup Worcestershire sauce 2½ teaspoons black pepper

½ teaspoon white pepper

- **CUT** the beef across the grain into 5-mm-thick slices. Set aside.
- MIX the soy sauce, Worcestershire, black pepper, and white pepper until well combined.
- 3 PLACE the beef and marinade in a sealable plastic bag. Mix well
- 4 MARINATE in the fridge for 12 hours or overnight.
- **DRAIN** and discard the marinade.
- 6 PLACE the sliced beef evenly between the Cosori Food Dehydrator trays.
- **7 DRY** at 165°F for 6 hours, or until done.

# Sweet and Sour Pork Jerky

#### **YIELDS 4 SERVINGS**

PREP: 12 hours 10 minutes **DEHYDRATE**: 6 hours

- 1 pound pork tenderloin 2 tablespoons fish sauce 1/2 cup lime juice ¼ cup light brown sugar 1 medium shallot, grated 2 garlic cloves, grated ½ teaspoon black pepper ½ teaspoon salt
- **CUT** the tenderloin into 5-mm-thick slices. Set aside.
- MIX the fish sauce, lime juice, brown sugar, shallot, garlic, black pepper, and salt until well combined.
- **PLACE** the sliced pork and marinade in a sealable plastic bag. Mix well.
- **MARINATE** in the fridge for 12 hours or overnight.
- **DRAIN** and then discard the marinade.
- 6 PLACE the sliced beef evenly between the Cosori Food Dehydrator trays.
- 7 DRY at 158°F for 6 hours, or until done.

# Vietnamese Style Beef Jerky

**YIELDS 4 SERVINGS** 

PREP: 12 hours 10 minutes **DEHYDRATE:** 6 hours

- 2 pounds beef eye of round 3 tablespoons Asian fish sauce 1 tablespoon sov sauce
- 1 lime, juiced
- ¼ cup brown sugar

- **CUT** the beef across the grain into 5-mm-thick slices. Set
- 2 MIX the fish sauce, soy sauce, lime juice, and brown sugar until well combined
- **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
- **MARINATE** in the fridge for 12 hours or overnight.
- **DRAIN** and discard the marinade.
- PLACE the sliced beef evenly between the Cosori Food Dehydrator trays.
- DRY at 165°F for 6 hours, or until done.

# Lemon Dill Fish Jerky

**YIELDS 2 SERVINGS** 

**PREP:** 4 hours 5 minutes **DEHYDRATE:** 8 hours

- 1 pound Alaskan cod fillet
- 1 lemon, juiced
- 1 teaspoon lemon zest

- 1 garlic clove, minced A pinch salt
- 2 tablespoons olive oil 1 teaspoon dill
- **CUT** the fish into ½-inch-thick slices. Set aside.
- MIX the lemon juice, lemon zest, olive oil, dill, garlic, and salt until well combined.
- **PLACE** the salmon and marinade in a sealable plastic bag. Mix well.
- **MARINATE** in the fridge for 4 hours.
- **DRAIN** and discard the marinade.
- PLACE the sliced salmon evenly between the Cosori Food Dehvdrator travs.
- DRY at 145°F for 8 hours, or until done.



# Dehydrated Egg Yolks

YIELDS 6 SERVINGS

PREP: 96 hours
DEHYDRATE: 3 hours

1% cups sugar 1% cups kosher salt 6 egg yolks

- 1 MIX the sugar and salt in a bowl until well combined.
- 2 SPREAD half of the salt and sugar mixture onto a 6x6-inch baking tray.
- MAKE 6 indentations using the back of a tablespoon or measuring utensil. Place 1 egg yolk into each indent, then cover egg yolks using the rest of the salt and sugar mixture.
- WRAP the baking tray tightly in plastic wrap and chill in fridge for 3 to 4 days.
- 5 REMOVE the egg yolks from the salt cure carefully and dunk them in a bowl of water.
- **6 GENTLY** brush off excess salt and sugar.
- 7 PLACE the egg yolks evenly between the Cosori Food Dehydrator trays.
- 8 DRY at 140°F for 3 hours.
- 9 KEEP in an airtight container or use them immediately to grate over pasta or vegetables.



# Smoked Salmon Jerky

**YIELDS 2 SERVINGS** 

**PREP:** 4 hours 10 minutes **DEHYDRATE:** 8 hours

1½ pounds salmon

½ cup soy sauce

- 1 tablespoon molasses
- 1 tablespoon lemon juice, freshly squeezed
- 2 teaspoons freshly ground black pepper
- 1 teaspoon liquid smoke

- 1 CUT the fish into 1/4-inch-thick slices. Set aside.
- 2 MIX the soy sauce, molasses, lemon juice, black pepper, and liquid smoke until well combined.
- 3 PLACE the salmon and marinade in a sealable plastic bag.
  Mix well
- 4 MARINATE in the fridge for 4 hours.
- 5 DRAIN and discard the marinade.
- 6 PLACE the sliced salmon evenly between the Cosori Food Dehydrator trays.
- 7 DRY at 145°F for 8 hours, or until done.



# Salmon Teriyaki Jerky

**YIELDS 2 SERVINGS** 

- 1 pound salmon
- ½ cup soy sauce
- ¼ cup sugar
- ¼ teaspoon ginger, grated
- 1 garlic clove, crushed
- ¼ cup orange juice

- 1 **CUT** the fish into 1/4-inch-thick slices. Set aside.
- MIX the soy sauce, sugar, grated ginger, garlic, and orange juice until well combined.
- 3 PLACE the salmon and marinade in a sealable plastic bag. Mix well
- 4 MARINATE in the fridge for 4 hours.
- 5 DRAIN and discard the marinade.
- 6 PLACE the sliced salmon evenly between the Cosori Food Dehydrator trays.
- **7 DRY** at 145°F for 8 hours, or until done.

# Cajun Cod Jerky

#### **YIELDS 2 SERVINGS**

**PREP:** 4 hours 10 minutes **DEHYDRATE:** 8 hours

- 1 pound Alaskan cod fillet
- 1 lemon, juiced
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon onion powder
- ½ teaspoon cayenne pepper
- ½ teaspoon black pepper
- A pinch salt

- 1 CUT the fish into ¼-inch-thick slices. Set aside.
- MIX the lemon juice, garlic powder, paprika, onion powder, cayenne pepper, black pepper, and salt until well combined.
- 3 PLACE the salmon and marinade in a sealable plastic bag. Mix well.
- 4 MARINATE in the fridge for 4 hours.
- 5 DRAIN and discard the marinade.
- 6 PLACE the sliced salmon evenly between the Cosori Food Dehydrator trays.
- 7 DRY at 145°F for 8 hours, or until done.

# Spicy Sriracha Tofu Jerky

#### **YIELDS 2 SERVINGS**

**PREP:** 12 hours 10 minutes **DEHYDRATE:** 6 hours

- 1 pound extra-firm tofu ½ cup soy sauce
- 2 tablespoons Sriracha
- 2 tablespoons honey
- 1 teaspoon garlic powder

- 1 **CUT** the tofu into ¼-inch-thick slices. Set aside.
- 2 MIX the soy sauce, Sriracha, honey, and garlic powder until well combined.
- 3 PLACE the tofu and marinade in a sealable plastic bag. Mix well.
- **4 MARINATE** in the fridge for 12 hours or overnight.
- 5 DRAIN and discard the marinade.
- 6 PLACE the sliced tofu evenly between the Cosori Food Dehydrator trays.
- 7 DRY at 160°F for 6 hours, or until done.

# Garlic Herb Tofu Jerky

#### **YIELDS 2 SERVINGS**

- 1 pound extra-firm tofu ½ cup balsamic vinegar
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ½ teaspoon crushed red pepper
- ½ teaspoon salt

- 1 **CUT** the tofu into ¼-inch-thick slices. Set aside.
- MIX the balsamic vinegar, garlic powder, onion powder, basil, oregano, crushed red pepper, and salt until well combined.
- 3 PLACE the tofu and marinade in a sealable plastic bag. Mix well.
- **4 MARINATE** in the fridge for 12 hours or overnight.
- 5 DRAIN and discard the marinade.
- 6 PLACE the sliced tofu evenly between the Cosori Food Dehydrator trays.
- 7 DRY at 160°F for 6 hours, or until done.



Fruits



# Honey Bourbon Peaches

YIELDS 1 SERVING

- 1 peach, peeled & cored ½ cup hot water
- ½ cup honey
- 3 tablespoons bourbon

- **SLICE** the peaches ½-inch-thick and place in a sealable plastic bag.
- MIX together the hot water and honey until the honey dissolves. Then add the bourbon.
- **3 ADD** the honey bourbon mixture to the peaches and marinate for 4 hours.
- 4 PLACE the sliced peaches evenly between the Cosori Food Dehydrator trays.
- **5 DRY** at 145°F for 12 to 16 hours, or until done.

# Raspberry Tuile

#### YIELDS 4 SERVINGS

**PREP:** 10 minutes **DEHYDRATE:** 5 hours

1½ pounds raspberries 2 tablespoons white sugar

- BLEND the raspberries and sugar in a blender on low speed until smooth
- 2 STRAIN the fruit mix to get rid of the seeds.
- 3 POUR back into the blender and blend on high speed until liquified.
- 4 POUR the puréed fruit onto the parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the purée left over.
- **5 DRY** at 165°F for 3 to 5 hours, or until done.

# **Blackberry Tuile**

YIELDS 4 SERVINGS

**PREP:** 10 minutes **DEHYDRATE:** 5 hours

1½ pounds blackberries 2 tablespoons white sugar

- BLEND the blackberries and sugar in a blender on low speed until smooth.
- 2 STRAIN the fruit mix to get rid of the seeds.
- 3 POUR back into the blender and blend on high speed until liquified.
- 4 POUR the puréed fruit onto the parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the purée left over.
- **5 DRY** at 165°F for 3 to 5 hours, or until done.

# Apricot and Peach Fruit Leather

YIELDS 4 SERVINGS

PREP: 20 minutes
DEHYDRATE: 12 hours

3 apricots, peeled & seeded 3 peaches, peeled & seeded 1 tablespoon sugar

- 1 ADD the apricots, peaches, and sugar to a saucepot.
- 2 COOK the apricots and peaches on the stove at medium-low heat for 10 to 15 minutes, until they have softened.
- 3 **BLEND** with an immersion blender. If you use a regular blender instead, blend the fruits on low speed and gradually increase to high.
- 4 POUR the puréed fruit onto the parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the purée left over.
- 5 DRY at 165°F for 8 to 12 hours, or until done.
- 6 REMOVE the fruit leather carefully from the parchment paper after 6 hours.
- 7 PLACE the solidified fruit leather directly onto the tray and dry for the remaining time.



# Spiced Apple Chips

YIELDS 4 SERVINGS

**PREP:** 10 minutes **DEHYDRATE:** 12 hours

2 red apples

½ lemon, juiced

1 tablespoon white sugar

1 teaspoon ground cinnamon

½ teaspoon nutmeg

½ teaspoon vanilla extract

- PEEL AND CORE the apples, then slice into 1/4-inch-thick slices
- MIX together the lemon juice, sugar, cinnamon, nutmeg, vanilla extract, and sliced apples until apples are evenly coated
- **3 PLACE** the apple slices evenly between the Cosori Food Dehydrator trays.
- **DRY** at 145°F for 6 to 12 hours, or until done.



# Grape and Plum Fruit Leather

YIELDS 4 SERVINGS

**PREP:** 20 minutes **DEHYDRATE:** 12 hours

5 plums, cored & seeded 1 bunch red grapes, seedless 2 tablespoons sugar

- 1 ADD the plums, grapes, and sugar to a saucepot.
- 2 COOK the plums and grapes on the stove at medium-low heat for 10 to 15 minutes, until the plums and grapes have softened
- 3 BLEND with an immersion blender. If you use a regular blender instead, blend the fruits on low speed and gradually increase to high.
- 4 POUR the puréed fruit onto the parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the purée left over.
- **5 DRY** at 165°F for 8 to 12 hours, or until done.
- 6 REMOVE the fruit leather carefully from the parchment paper after 6 hours.
- 7 PLACE the solidified fruit leather directly onto the tray and dry for the remaining time.

### Red Berry Fruit Leather

#### YIELDS 4 SERVINGS

PREP: 10 minutes
DEHYDRATE: 12 hours

1 pound strawberries ½ cup raspberries 1 teaspoon vanilla extract

- BLEND all the ingredients together in a blender on low speed until smooth.
- 2 STRAIN the fruit mix to get rid of the seeds.
- 3 POUR back into the blender and blend on high speed until liquified.
- 4 POUR the puréed fruit onto the parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the purée left over.
- **5 DRY** at 165°F for 8 to 12 hours, or until done.

### Black & Blue Berry Fruit Leather

YIELDS 4 SERVINGS

PREP: 10 minutes
DEHYDRATE: 12 hours

1 pound blueberries ½ cup blackberries

- BLEND the berries together in a blender on low speed until smooth.
- 2 STRAIN the fruit mix to get rid of the seeds.
- 3 POUR back into the blender and blend on high speed until liquified.
- 4 POUR the puréed fruit onto the parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the purée left over.
- **5 DRY** at 165°F for 8 to 12 hours, or until done.

### **Chocolate Covered Bananas**

**YIELDS 2 SERVINGS** 

PREP: 10 minutes
DEHYDRATE: 16 hours

1 banana, thinly sliced 4 ounces bittersweet chocolate Sea salt, for sprinkling

- PLACE the sliced bananas evenly between the Cosori Food Dehydrator trays.
- DRY at 145°F for 12 to 16 hours, or until done.
- 3 MELT the chocolate in a microwave safe bowl in 30 second intervals. Mix between every interval, until chocolate is completely melted.
- 4 DIP AND COAT the dehydrated bananas slices in the melted chocolate.
- 5 SPRINKLE the chocolate covered bananas with sea salt and allow to cool and harden



Snacks



# Zucchini Chips

YIELDS 4 SERVINGS

**PREP:** 10 minutes **DEHYDRATE:** 12 hours

#### 2 zucchini

- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- $\frac{1}{2}$  teaspoon black pepper
- ½ teaspoon salt

- 1 SLICE the zucchini into 1/4-inch-thick slices.
- 2 COMBINE all ingredients together with the zucchini in a bowl and mix well.
- 3 PLACE the zucchini slices evenly between the Cosori Food Dehydrator trays.
- 4 DRY at 165°F for 12 hours, or until done.



# Shawarma Kale Chips

YIELDS 4 SERVINGS

**PREP:** 5 minutes **DEHYDRATE:** 13 hours

- 4 ounces kale, chopped
- 2 teaspoons olive oil
- ½ teaspoon garlic powder
- ½ teaspoon ground cardamom
- ½ teaspoon cinnamon
- ½ teaspoon ground coriander
- ½ teaspoon smoked paprika
- 1 teaspoon cumin
- ½ teaspoon salt

- 1 **COMBINE** all ingredients in a bowl and mix well.
- 2 PLACE the kale evenly between the Cosori Food Dehydrator trays.
- 3 DRY at 135°F for 12 to 13 hours, or until done.
- 4 STORE in an airtight container for up to 1 week.



# **Ranch Carrot Chips**

YIELDS 6 SERVINGS

PREP: 8 minutes
DEHYDRATE: 12 hours

3 large carrots, peeled 1½ tablespoons water 1 packet ranch dressing seasoning

- PEEL the carrots into ribbons using a vegetable peeler and place the carrot ribbons into a large bowl.
- 2 TOSS the carrots with the water and ranch dressing seasoning.
- 3 PLACE the carrots evenly between the Cosori Food Dehydrator trays.
- 4 DRY at 145°F for 8 to 12 hours, or until done.

# Garlic Kale Chips

#### **YIELDS 4 SERVINGS**

**PREP:** 5 minutes **DEHYDRATE:** 13 hours

- 4 ounces kale, chopped 2 teaspoons olive oil
- 2 teaspoons garlic powder
- 1 tablespoon Parmesan, grated
- ½ teaspoon salt

- 1 **COMBINE** all ingredients in a bowl and mix well.
- 2 PLACE the chopped kale evenly between the Cosori Food Dehydrator trays.
- 3 DRY at 125°F for 12 to 13 hours, or until done.
- STORE in an airtight container for up to 1 week.

# **Dehydrated Potato Chips**

#### **YIELDS 2 SERVINGS**

PREP: 40 minutes **DEHYDRATE**: 10 hours

- 1 large russet potato, peeled 4 cups boiling water
- 1 teaspoon lemon juice Nonstick cooking spray
- Nonstick cooking spray % teaspoon salt, plus more for seasoning
- SLICE the peeled potatoes on a mandolin into 1-mm-thick slices
- 2 ADD the slices to a large bowl with the hot water and lemon juice.
- **3 SOAK** the potato slices in the mixture for 30 minutes.
- **REMOVE** the potato slices and pat dry with a paper towel.
- 5 SPRAY the potato slices lightly with nonstick cooking spray and sprinkle salt on them.
- 6 PLACE the potatoes evenly between the Cosori Food Dehydrator trays.
- 7 DRY at 160°F for 10 hours, or until crispy.

# Sweet and Spicy Almonds

#### YIELDS 2 SERVINGS

**PREP:** 8 hours 5 minutes **DEHYDRATE:** 24 hours

- ½ pound raw almonds 4 cups water 1½ teaspoons salt 1 tablespoon white sugar ½ teaspoon cayenne pepper ⅓ teaspoon black pepper
- SOAK the almonds in the water and 1 teaspoon of salt for 8 hours.
- **2 STRAIN** the nuts and pat dry.
- 3 TOSS the nuts in the remaining salt, sugar, cayenne pepper, and black pepper until the nuts are evenly coated.
- 4 SPREAD the nuts evenly on the Cosori Food Dehydrator trays.
- 5 DRY at 150°F for 24 hours, or until done.



# Raw Corn Chips

YIELDS 4 SERVINGS

**PREP:** 15 minutes **DEHYDRATE:** 12 hours

2 ears corn, husked

% cup golden flaxseed

½ cup water

1 teaspoon salt

½ teaspoon garlic powder

- 1 **CUT** the kernels from the ears of corn.
- 2 ADD the corn kernels, flaxseed, water, salt, and garlic powder to a food processor and purée until smooth.
- **3 CUT** 2 pieces of parchment paper so that they match the size of the Cosori Food Dehydrator trays.
- 4 SPREAD the batter over the parchment-lined trays to \(\psi\_e\)-inch thickness.
- **5 DRY** at 165°F for 8 to 12 hours, or until crispy.
- **6 REMOVE** the cracker carefully from the parchment paper after 6 hours.
- 7 PLACE the crackers directly onto the tray and dry for the remaining time.



#### **Seed Crackers**

YIELDS 4 SERVINGS

**PREP:** 5 minutes **DEHYDRATE:** 12 hours

- ¼ cup flaxseed
- ¼ cup chia seeds
- 1 cup pumpkin seeds
- ½ cup sesame seeds
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon cayenne pepper
- ½ teaspoon black pepper
- 1 cup water

- 1 MIX all of the ingredients in a large bowl.
- **ALLOW** the the seeds to absorb the water, about 3 minutes.
- **CUT** 2 pieces of parchment paper so that they match the size of the Cosori Food Dehydrator trays.
- 4 SPREAD the batter over the parchment-lined trays to %-inch thickness.
- **5 DRY** at 165°F for 8 to 12 hours, or until crispy.
- **6 REMOVE** the cracker carefully from the parchment paper after 6 hours.
- 7 PLACE the crackers directly onto the tray and dry for the remaining time.



#### Green Onion Garlic Crackers

YIELDS 4 SERVINGS

PREP: 15 minutes

DEHYDRATE: 12 hours

- 1 tablespoon olive oil
- 5 scallions, root ends cut off & discarded
- 2 garlic cloves
- 1 cup water
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 cups flaxseed

- **HEAT** a frying pan on the stove on medium-heat for 5 minutes.
- 2 ADD the olive oil and allow to heat up for 15 seconds, then add the scallions and garlic cloves.
- 3 COOK the garlic until lightly brown. Remove and set aside.
- 4 COOK the scallions on each side until brown, about 5 minutes. Set aside.
- 5 BLEND the garlic, scallions, water, salt, and pepper until smooth.
- 6 ADD the flaxseed to the blended mixture. Set aside.
- 7 CUT 2 pieces of parchment paper so that it fits the size of the Cosori Food Dehydrator trays.
- 8 SPREAD the batter over the parchment-lined trays to \(\psi\_6\)-inch thickness.
- 9 DRY at 165°F for 8 to 12 hours, or until crispy.
- 10 REMOVE the cracker carefully from the parchment paper after 6 hours.
- 11 PLACE the crackers directly onto the tray and dry for the remaining time.



Sweets



## Oatmeal Raisin Cookies

YIELDS 12-16 COOKIES

**PREP:** 15 minutes **DEHYDRATE:** 12 hours

- 1 cup quick rolled oats
- 1 cup raw pecans
- % cup raisins
- ¼ cup pumpkin seeds
- ½ cup maple syrup
- 2 tablespoons coconut oil
- ½ teaspoon ground cinnamon
- % teaspoon ground ginger
  % teaspoon ground allspice
- ½ teaspoon ground clove
- A pinch salt

- PUT all the ingredients in a food processor and blend until combined.
- 2 FORM the dough into tablespoon-sized balls, then place on parchment paper.
- **PLACE** another sheet of parchment paper on top and flatten to ¼-inch thickness.
- 4 REMOVE cookies from the double parchment paper, then place onto parchment-lined Cosori Food Dehydrator trays.
- 5 DRY at 160°F for 12 hours, or until done.
- 6 REMOVE the cookies carefully from the parchment paper after 8 hours.
- 7 PLACE the cookies directly onto the tray and dry for the remaining time.
- 8 STORE cookies in an airtight container or serve immediately.



#### Almond Cookies with Chocolate

YIELDS 10-12 COOKIES

PREP: 15 minutes **DEHYDRATE:** 12 hours

1 cup almond butter 1 cup shredded coconut ½ cup pistachios

½ cup dark chocolate chips

- **ADD** all the ingredients into a food processor and blend until well combined.
- **FORM** the dough into tablespoon-sized balls, then place on parchment paper.
- **PLACE** another sheet of parchment paper on top and flatten to 1/4-inch thickness.
- **REMOVE** cookies from the double parchment paper, then place onto parchment-lined Cosori Food Dehydrator trays.
- DRY at 160°F for 12 hours, or until done.
- **REMOVE** the cookies carefully from the parchment paper after 8 hours.
- PLACE the cookies directly onto the tray and dry for the remaining time.
- **STORE** cookies in airtight container or serve immediately.



### **Almond Craisins Cookies**

YIELDS 12-16 COOKIES

**PREP:** 15 minutes **DEHYDRATE:** 12 hours

1 cup almond butter 1 cup shredded coconut flakes ½ cup walnuts, chopped ½ cup craisins

- 1 ADD all the ingredients into a food processor and blend until well combined.
- 2 FORM the dough into tablespoon-sized balls, then place on parchment paper.
- **PLACE** another sheet of parchment paper on top and flatten to ¼-inch thickness.
- 4 REMOVE cookies from the double parchment paper, then place onto parchment-lined Cosori Food Dehydrator trays.
- **5 DRY** at 160°F for 12 hours, or until done.
- 6 REMOVE the cookies carefully from the parchment paper after 8 hours.
- PLACE the cookies directly onto the tray and dry for the remaining time.
- 8 STORE cookies in airtight container or serve immediately.



#### **Chocolate Cashew Cookies**

YIELDS 12-16 COOKIES

**PREP:** 15 minutes **DEHYDRATE:** 12 hours

- 2 cups unsalted cashews
- ½ cup cocoa powder
- ½ cup maple syrup
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 teaspoon vanilla extract
- ½ teaspoon kosher salt

- ADD all ingredients into a food processor and blend until well combined. It is okay if there are small chunks of cashews.
- 2 FORM the dough into tablespoon-sized balls, then place on parchment paper.
- 3 PLACE another sheet of parchment paper on top and flatten to ¼-inch thickness.
- 4 REMOVE cookies from the double parchment paper, then place onto parchment-lined Cosori Food Dehydrator trays.
- 5 DRY at 160°F for 12 hours, or until done.
- 6 REMOVE the cookies carefully from the parchment paper after 8 hours.
- 7 PLACE the cookies directly onto the tray and dry for the remaining time.
- 8 STORE cookies in airtight container or serve immediately.



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