

OWNER'S MANUAL

Model No. DH1000

# Food Dehydrator

A U T O M A T I C



# IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USE.**
2. Do not touch hot surfaces.
3. To protect against electrical shock do not immerse cord, plugs, or the base assembly in water or other liquid.
4. Close supervision is necessary when any appliance is used by or near children.
5. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
6. Do not operate any appliance with a damaged cord or plug, or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair, or electrical or mechanical adjustment.
7. The use of accessory attachments not recommended or sold by the appliance manufacturer may cause fire, electric shock or injury.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter or touch hot surfaces.
10. Do not place on or near a hot gas or electric burner or in a heated oven.
11. Do not use appliance for other than intended use.
12. To disconnect, press the power switch to OFF, then unplug from electrical wall outlet.
13. Do not pour liquids into the appliance.
14. Do not operate near combustible or pressurized spray cans.

**SAVE THESE INSTRUCTIONS  
FOR HOUSEHOLD USE ONLY**

## **Polarized Plug**

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

## **Short Cord Instructions**

A short power-supply cord is provided to reduce the risk resulting from becoming entangled in or tripping over a longer cord.

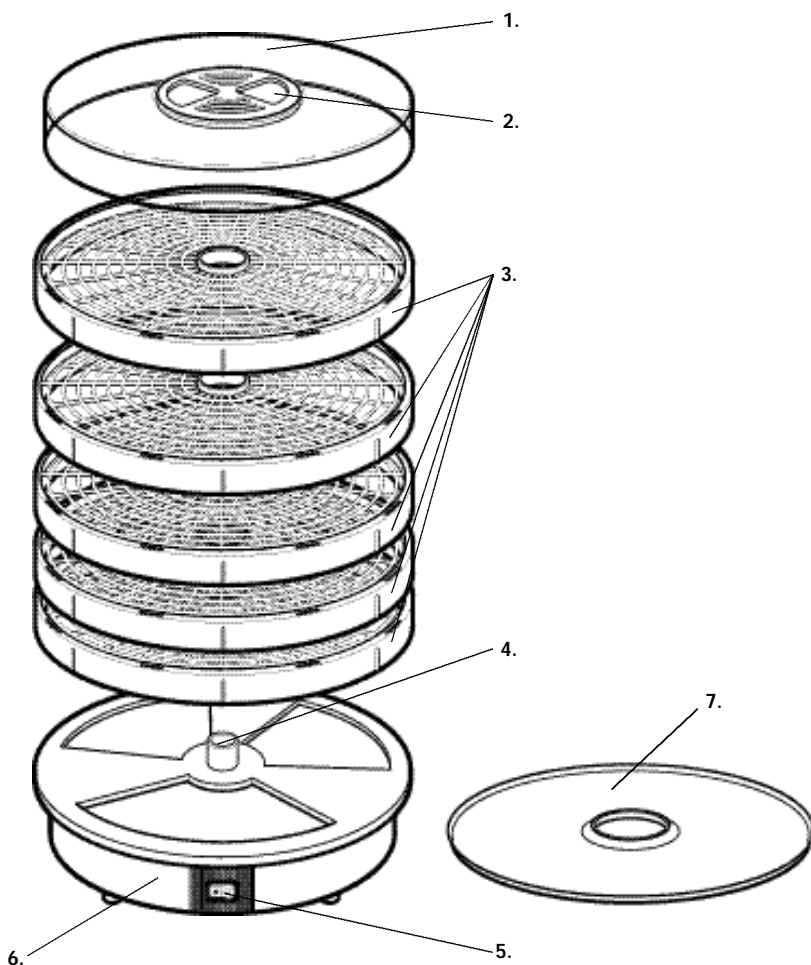
Longer extension cords are available and may be used if care is exercised in their use.

If a longer extension cord is used, (1) the marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance, and (2) the longer cord should be arranged so that it will not drape over the counter top or table top where it can be pulled on by children or tripped over unintentionally.

# Getting To Know Your Salton® DH1000 Automatic Food Dehydrator

Before using your Food Dehydrator for the first time, you must become familiar with all of the parts. Read all instructions and safeguards carefully.

PRODUCT MAY VARY SLIGHTLY FROM ILLUSTRATIONS



# Introduction

The process of dehydrating fruits and vegetables is one of the earliest methods of food preservation known. Prunes and grapes have been sun-dried since the early days of their cultivation. Dried fruits and vegetables make great snacks or desserts, and they can also be added to, or mixed with, other foods. Meat can also be dehydrated to make beef jerky. Dehydrating foods is a healthy way of preserving them, because the removal of liquid inhibits the growth of bacteria.

Food dehydrators are an innovation in food preservation, and they have made the process of drying foods easy and fun. Use your Food Dehydrator to dry all types of fruits, vegetables, nuts and herbs, and to make beef jerky. You can even use it to dry flowers and make potpourri.

## Before Using For The First Time

1. Carefully unpack the Food Dehydrator.
2. Wash the 5 Dehydrator Trays, Fruit Leather Sheet and Lid in warm, soapy water. Rinse well and dry thoroughly.
3. Wipe the Dehydrator Base with a clean, soft cloth or sponge.  
**NEVER IMMERSE BASE, CORD OR PLUG IN WATER OR ANY OTHER LIQUID.**
4. Place Base on a flat, smooth countertop surface where it will not fall or be pulled by the cord/plug.

## Operating Instructions

1. Make sure unit is switched OFF and unplugged before using.
2. Always wash the Dehydrator Trays and Lid before each use to avoid any food contamination.
3. Prepare food to be dehydrated as instructed in this manual. Preparation depends on the type of food. ***Do not overlap food or overload Dehydrator Trays.***
4. Arrange food on Dehydrator Trays, but do not place Trays on the Base; stack up the Dehydrator Trays and set them aside.
5. Plug unit into electrical wall unit, press the ON/OFF Switch to ON position. Preheat the Dehydrator for at least 5 minutes before using.
6. After Dehydrator is preheated, place the first Dehydrator Tray onto the Spindle on the Base. Rotate Trays up and down to adjust their heights and to accommodate a variety of food sizes.

## **Operating Instructions    *(Continued)***

7. Stack the remaining Dehydrator Trays onto the first Tray. When all the Trays are stacked and locked securely in position, then cover the top Dehydrator Tray with the Lid.
8. Allow food to dry for the recommended length of time; drying time depends on the type of food.
9. Begin to check on food before the dehydration period is completed; check food for desired dryness. Remove individual pieces and store in containers or food bags. If some pieces are not yet done, leave them in the Dehydrator and check frequently until all food dehydration is completed.
10. Food that is not going to be eaten within 1 day or 2 should be stored in the refrigerator. If storing food in the freezer, be sure to use containers or bags designed for freezer storage.
11. Press the ON/OFF Switch to turn the unit OFF and unplug.
12. Always wash the Dehydrator Trays and Lid after each use. Wipe the Base with a soft, slightly damp cloth or sponge; do not allow water or any other liquid to get into the Base. Make sure the Dehydrator Trays and Lid are completely dry before replacing them on the Base.

## **Selecting Foods For Dehydration**

Foods to be dried should be in good condition. Select fruits that are just ripe; they have the highest natural form of sugar and are best for drying. Fruits that are not ripe may have a flat, bitter taste. Vegetables should be fresh and tender. Check fruits and vegetables for marks or bruises and cut away these portions before preparing for dehydration. Avoid using overripe fruits and vegetables with spoiled portions. Meat, poultry and fish should be fresh and lean. Preparation, dehydration time and storage of foods also influence their quality and taste. Follow preparation, dehydration and storage instructions in this manual to ensure the best quality dried foods.

# **Preparation & Pretreatment of Vegetables**

Vegetables dried at home require a little more effort in processing and storage than do fruits because they are low in acid and have little sugar. Some vegetables have a poor quality when dehydrated, and are better frozen than dried. Others, such as potatoes, are available at reasonable prices all year round, and it may not be worth your time to dry them unless they are used for lightweight camping. Be selective in the vegetables you choose to dry.

## **Preparation**

Select only the highest quality, fresh, crisp and tender vegetables for drying. Wash vegetables carefully just before processing to remove dirt and bacteria. Most vegetables should be peeled, trimmed, cut, or shredded prior to drying.

## **Pretreatment**

Blanching vegetables prior to drying destroys the enzymes that produce off flavors during storage, resulting in poor texture and poor rehydration. Steam blanching is preferred over water blanching because there is less flavor and vitamin loss. Microwave blanching is also excellent and usually keeps a brighter color in the vegetables.

## **Steam Blanching**

Layer prepared vegetables in the top portion of a steamer, no more than 2 to 2-1/2 inches deep. Steam until the vegetables are heated all the way through but are not cooked enough to eat (usually 2 to 3 minutes). Small pieces may need occasional stirring to steam blanch evenly. Transfer steamed vegetables directly to Dehydrator Trays, working as quickly as possible.

## **Microwave Blanching**

Microwave ovens are convenient for blanching fresh vegetables. Prepare vegetables as for steam blanching. Place vegetables with small amount of water (refer to your microwave oven cooking chart) in a covered casserole dish. Cook for only 1/4 to 1/3 the time specified in the chart, stirring well after half of the blanching time. Microwave blanched vegetables will be more brightly colored than those that are steam blanched. Transfer blanched vegetables directly to Dehydrator Trays, working as quickly as possible.

# Guidelines for Drying Vegetables

Vegetable	Preparation and Pretreatment	Approx. Time in Dehydrator*
Asparagus	Cut in half to divide tips from stems. Tips are best for drying, Crush dried stems and use for seasoning.	17-19 hours
Beans (green)	Snip off ends and cut as desired. Blanch, then quick freeze for 30-45 minutes.	17-19 hours
Beets	Trim, leaving about an inch of the top and root. Blanch and allow to cool, then cut off the top and root, and slice.	22-24 hours
Broccoli	Trim and cut as usual. Steam for about 4-5 minutes.	17-19 hours
Carrots	Wash and peel. Cut into 1/2" thick chunks and steam for about 4-5 minutes until tender.	11-13 hours
Corn	Remove husk, wash and steam blanch corn on the cob. Allow to cool, then cut corn from the cob.	8-10 hours
Celery (stalks)	Wash and separate leaves from stalks. Cut stalks into 1/2" chunks. Place stalks separate from leaves in Dehydrator Tray(s).	12-14 hours
Celery (leaves)	Break leaves apart from their stems. Place leaves separate from stalks in Dehydrator Tray(s).	6-8 hours
Chives	Wash and mince.	5-7 hours
Cucumber	Wash, trim and slice about 1/4" thick.	11-13 hours
Garlic	Separate and peel cloves. Cut cloves in halves or slice.	16-18 hours
Mushrooms	Brush clean and remove stem. Leave whole, cut in halves or slice.	11-13 hours
Onions	Trim ends and peel. Cut in rings or dice.	13-15 hours
Peppers (pimientos)	Wash and remove core. Cut in halves, quarters, rings or strips.	13-15 hours
Peppers (jalapeños)	Wash and dry whole.	11-13 hours
Potatoes	Wash and peel. Cut or slice as desired, steam blanch. Rinse under cold water and pat dry before placing on Tray(s). <b>NOTE:</b> If you wish to leave the skin on the potatoes, wash and scrub with vegetable cleaning brush, then pierce and remove all "sprouts" and "scars," using the tip of a Potato peeler or paring knife.	14-16 hours
Tomatoes	Wash and remove stems. Dip in boiling water, then in cold water. Remove skin, cut in halves, quarters or thick slices.	18-20 hours

\*Approximate times are offered as guidelines only. Drying time may vary, depending on quality and quantity of vegetable(s) being dried. In some areas, humidity may also affect drying time.

# Preparation & Pretreatment of Fruits

Almost all fruits are suitable for drying at home, but some fruits will require more drying time than others; the guidelines offered in this manual will help you get started. Some fruits might not be suitable for drying all year round, so it will be helpful to learn which fruits are in season and experiment with those first.

## Preparation

Wash fruits well and remove any bruised or overripe portions. Peel if desired. Larger fruits may be halved. If pieces of fruit vary in size, they may be sliced 3/8" to 1/2" thick for more even drying. Smaller fruits such as grapes and cherries may be dried whole. Remove pits or stones from fruits such as prunes, cherries, apricots, etc. Fruits that have been artificially waxed to prevent moisture loss should always be peeled. Peeling is optional with other fruits. Dried pear skins tend to be grainy, and peach peels are a little fuzzy.

When drying fruit halves, especially apricots, it has been suggested that popping the back ("inside out") will speed the drying time. This is true, but it also results in the loss of the nutritional juices to the bottom of the Dehydrator. Instead, cut each half in half again to give the end product more nutritional value, a brighter color, and faster reconstitution capabilities.

Most fruits can be placed directly on the Dehydrator Trays as they are prepared... pineapples, grapes, strawberries, prunes, etc. However, apples, apricots, peaches and pears turn brown when the cut surfaces are exposed to the air, due to oxidation and the continuous reaction of enzymes. These fruits may be pretreated to slow this browning and to prevent loss of Vitamins A and C, but your attention is called to the cautions set forth below, which are for your protection. If you are drying these fruits, and you intend to pretreat them, cut pieces can be prevented from browning while they are being prepared by keeping them in a pretreatment solution until you have sufficient fruit to pretreat.

## **Pretreatment**

Below are listed several optional methods of pretreatment. You need not pretreat food in order to dry it. However, pretreatment often makes food look better, increases the shelf life and can even enhance the nutritional value of some foods. Experiment with both treated and untreated food in your storage to see which will best suit your needs. Remember, proper storage is critical to the quality of the stored product, whether treated or untreated.

## **Natural Pre-Dips**

Use pineapple or lemon juice as a natural alternative to other pretreatments to reduce browning. Slice fruit directly into juice. Remove promptly (about 2 minutes) and place on Dehydrator Trays. Fruits may also be dipped in honey, spices, lime or orange juice, jello powders or sprinkled with coconut to give them a snappy dried flavor. Use your imagination and make your own flavorful dip.

## **Sodium Bisulfite**

Ask for food-safe, (USP) grade only. Dissolve 1 teaspoon of sodium bisulfite in one quart of water. Prepare small amounts of fruit and dip for 2 minutes in the solution. This helps prevent loss of Vitamin C and maintains a bright color. Sodium bisulfite is available in most pharmacy/drug stores.

# Guidelines for Drying Fruits

<b>Fruit</b>	<b>Preparation and Pretreatment</b>	<b>Approx. Time in Dehydrator*</b>
Apples	Wash, and peel if desired. Cut in halves and remove core, then cut into chunks or slice. Can be pretreated with a little lemon juice to prevent browning.	22-24 hours
Apricots	Wash, cut in halves and remove pit. Cut further into quarters, if desired.	30-35 hours
Bananas	Peel and slice. Can be pretreated with a little lemon juice to prevent browning.	22-24 hours
Cherries	Wash and remove pit.	22-24 hours
Coconut	Drain milk, crack and remove coconut. Pat dry and cut into 1/4" thick chunks.	24-30 hours
Figs	Wash and remove stems. Cut into halves or quarters (dry skin side up).	22-24 hours
Grapes	Wash and remove stems. Leave whole.	23-25 hours
Papaya	Wash and peel. Cut into large or small chunks, as desired.	30-35 hours
Peaches	Wash, cut in halves and remove pit. Cut further into quarters, if desired.	35-42 hours
Pears	Wash, and peel if desired. Cut in halves and remove core, then cut into chunks or slices. Can be pretreated with a little lemon juice to prevent browning.	28-32 hours
Pineapple	Remove core and cut into chunks, or slice into wedges.	22-25 hours
Prunes	Wash, cut in halves and remove pit. Cut further into quarters, if desired.	30-35 hours
Strawberries	Cut in halves or slice.	12-15 hours

\*Approximate times are offered as guidelines only. Drying time may vary, depending on quality and quantity of fruit(s) being dried. In some areas, humidity may also affect drying time.

## Beef Jerkies

Use only lean meat. Cut away excess fat, then cut meat into strips and place in deep dish suitable for marinating. Prepare marinade as instructed below.

Saturate meat in marinade, cover dish and place in the refrigerator to marinate for 4-12 hours, or longer. Drain excess marinade from meat and pat dry. Place a roll-up sheet on the bottom Dehydrator Tray, then arrange meat on all other Dehydrator Trays.

**NOTE:** Do not place meat on the roll-up sheet; do not place it on the bottom Dehydrator Tray.

Dehydration time may take anywhere from 16 to 32 hours, depending on the thinness or thickness of the meat strips and on how much meat is placed on the Dehydrator Trays to dry.

### Marinade:

- 1 lb. lean meat
- 1/4 cup vinegar or wine
- 2 tablespoons lemon juice
- 2 tablespoons Worcestershire sauce
- 1 tablespoon ketchup
- 1 teaspoon brown sugar
- 1/4 cup chopped onion
- 2 tablespoons chopped green peppers
- 4 garlic cloves, minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Mix all ingredients together to make a marinade.

## Seafood

Like meat, seafood can be marinated and dehydrated without cooking.

## Poultry

Poultry should be cooked before dehydrating.

## Nuts

Shell and rinse nuts with warm water. Pat dry and spread on Dehydrator Trays. Most nuts will take approximately 20-30 hours to dehydrate; they should be allowed to dehydrate until brittle.

After dehydrating, allow to cool. Nuts that will not be consumed within a day or two should be frozen to ensure freshness. Remove nuts from the freezer and allow them to defrost before using.

## Herbs & Flowers

Rinse and pat dry. Remove any dead, mushy or discolored portions, but leave the stem and do not break apart until after drying. Spread herbs or flowers on Dehydrator Tray and allow to dehydrate for about 2-7 hours, depending on their type. When drying is complete, remove from Dehydrator Tray and allow to cool.

Remove from stem and break leaves or buds apart, or crush if desired.

If dehydrating seeds, choose when pods have changed in color.

**FLOWERS:** For best results, pick flowers after the morning dew rises and before the evening mist sets in. Do not use flowers that have been sprayed with insecticides or other harmful chemicals. If dehydrating at the same time as herbs intended for consumption, place flowers on the bottom Dehydrator Trays and herbs on the top Dehydrator Trays; this is to prevent any "drippings" from the flowers to fall on the herbs.

# Dehydrated Food Storage

## Packaging

**DRIED FOODS MUST BE PROPERLY PACKAGED IN ORDER TO KEEP WELL.** Package your dried foods in freezer plastic bags, squeezing out as much air as possible. Heat-sealable bags may also be used. Store the plastic bags inside of airtight metal, plastic or glass containers. Storing foods in rigid containers without first putting them into freezer bags exposes the dried foods to air. Vacuum packaging equipment for home use is available in some stores around the country. Vacuum packaging will greatly extend shelf life.

## Storage Conditions

Store properly packaged dried foods in a cool, dark place. The cooler the food is kept, the longer the optimal quality will be maintained. For every 18°F drop in temperature, the shelf life increases 2 to 3 times. ***If you have room in a refrigerator or freezer, keep your dried foods there.*** Otherwise, find the coolest place in your home to store dried foods. Light also causes the quality and nutritive value to deteriorate. Keep dried foods in the dark or in opaque containers.

## Shelf Life

Fruits have a naturally high sugar and acid content, which allows them to dry well and store for longer periods of time than vegetables. When properly packaged and stored at room temperature or below (70°F or less), most fruits will maintain a high quality and nutritional value up to a year. Most vegetables are best when eaten within six months.

**FRUITS AND VEGETABLES KEPT BEYOND THE RECOMMENDED TIME MAY NOT BE AS NUTRITIOUS OR TASTE AS GOOD BUT WILL NOT SPOIL UNLESS THE PACKAGING IS NO LONGER INTACT.**

# Fruit Leathers

Fruit leather is a tasty, chewy fruit product made by puréeing fresh, canned or frozen fruit to a thick mushy consistency and then pouring it onto the Dehydrator Tray and dried. The dried layer of fruit is pulled from the surface and can be rolled. When the puréed fruit is dried, it is shiny and has the texture of leather, hence the name: Fruit Leather.

The advantages of making your own fruit leathers are: to use less sugar and to mix fruit flavors. Leftover fruit pulp from making jelly can be blended and made into fruit rolls.

Fruit leathers made without sugar are a welcomed healthy choice for snacks or desserts. Fruit leather is perfect for lunch boxes during the winter when fresh fruit is expensive or unavailable. It can be cut into small pieces or chips and added to cereals, puddings and desserts for a fresh fruit flavor.

## Fruit Combinations Are Limitless

1. Select ripe or slightly overripe fruit.
2. Wash fresh fruit or berries in cool water. Remove peel, seeds, stems and bruised or spoiled portions.
3. Cut fruit into chunks. Use 1-1/2 to 2 cups of fruit for each full Tray of fruit leather. Puree fruit until smooth. If thick, add liquid to bring to a pouring consistency.
4. **Optional:** Add two teaspoons lemon juice or 1/8 teaspoon ascorbic acid (375 mg) for each two cups of light colored fruit to prevent darkening.
5. **Optional:** Most leathers need no added sweetening. If the fruit is slightly under-ripe or not quite sweet enough, add white corn syrup or honey. Corn syrup or honey is best for longer storage because it prevents crystal formation. Granulated sugar is fine for immediate use or short storage. Use 1/4 to 1/2 cup sugar, corn syrup or honey for each two cups of fruit. Saccharin-based sweeteners could also be used to reduce tartness without adding calories. Aspartame sweeteners may lose sweetness during drying.
6. Simply place the special Fruit Leather Sheet into the first Dehydrator Tray. Pour fruit purée into the sheet making sure that the purée does not reach the extreme outside of the Fruit Leather Sheet. Drying time will depend upon the thickness of your purée. Check at 12 hours and dry until the outside is leathery.

Fruit	Suitability for Fruit Leather
Apples	Excellent
Apricots	Excellent
Avocados	Not recommended
Bananas	Fair to good
Berries with seeds	Excellent
Blueberries	Only in combination
Cherries	Excellent
Citrus fruits	Only in combination
Citrus peel	Only in combination
Crabapples	Only in combination
Cranberries	Only in combination
Grapes	Fair to good
Guavas	Only in combination
Melons	Not recommended
Nectarines	Excellent
Peaches	Excellent
Pears	Excellent
Pineapples	Excellent
Plums	Good
Strawberries	Excellent

## Storing Fruit Leathers

Place wrapped pieces in airtight, moisture-proof containers such as freezer bags, glass jars or freezer storage containers. Fruit leather will keep about two to four weeks at room temperature when stored in a dark, cool place. For storage up to one year, store in the freezer.

## Spices, Flavorings & Garnishes

To add interest to your fruit leathers; spices, flavorings or garnishes can be added. **Spices:** allspice, cinnamon, cloves, coriander, ginger, mace, mint, nutmeg or pumpkin pie spice. Use sparingly, start with 1/8 teaspoon for each 2 cups of purée.

Almond extract, lemon juice, lemon peel, lime juice, lime peel, orange extract, orange juice, orange peel or vanilla extract. Use sparingly, try 1/8 to 1/4 teaspoon for each 2 cups of purée.

**Delicious Additions:** shredded coconut, chopped dates, other dried chopped fruits, granola, miniature marshmallows, chopped nuts, chopped raisins, poppy, sesame or sunflower seeds.

## Helpful Hints

- Always preheat the Dehydrator for at least 5 minutes before using.
- If the Food Dehydrator and Trays have been stored for some time, wash and clean before using.
- Fresh vegetables and fruits are best for dehydrating. Canned goods do not dehydrate as well.
- Vegetables and fruits should always be cleaned before preparation and pretreatment.
- For best results, always prepare and pretreat fruits and vegetables as outlined in this manual.
- Exact dehydrating time varies greatly depending on several factors: Type, size and quality of food, quantity of food to be dried, overall humidity, personal preference. Keep notes on the type of food, weight before/after drying, total drying time, and final results.
- Many recipes will work well using dried foods. Experiment with the recipes offered in this manual. Discover your own ways of using dried foods. Books on the topic are available.

## User Maintenance Instructions

This appliance contains no user serviceable parts. Do not try to repair it yourself. Any servicing requiring disassembly other than cleaning must be performed by a qualified appliance repair technician.

### Cleaning

1. Wash the 5 Dehydrator Trays, Fruit Leather Sheet and Lid in warm, soapy water. Rinse well and dry thoroughly.
2. Wipe the Dehydrator Base with a clean, soft cloth or sponge. Do not use steel wool, scouring pads, or abrasive cleansers as they will damage the finish.

### Storage

1. Clean the Food Dehydrator as instructed above.
2. When the unit is not in use, be sure to leave it unplugged.
3. Store the Food Dehydrator and Trays stacked with the Lid on top, in its original box in a clean, dry location

# Recipes

## Vegetable Purée

- 1 cup mixed dried vegetables
- 1/2 cup hot water
- 1/4 cup milk
- 1 tablespoon butter or oil

Use only very dry, brittle vegetables. Mix dried vegetables and grind until powdery. Add water and milk, and allow to rehydrate for 15-25 seconds; then blend until purée is achieved. Add butter or oil and blend for an additional 5 seconds.

Add salt and/or other condiment(s) as desired and stir. If necessary, heat over low heat for 2-3 minutes.

## Meat & Vegetable Purée

- 3/4 cup mixed dried vegetables
- 1/4 cup chopped dried meat
- 1/2 cup hot water
- 1/4 cup milk
- 1 tablespoon butter or oil

Use only very dry, brittle vegetables and meat. Mix dried vegetables with meat and grind until powdery. Add water and milk, and allow to rehydrate for 15-25 seconds; then blend until purée is achieved. Add butter or oil and blend for an additional 5 seconds.

Add salt and/or other condiment(s) as desired and stir. If necessary, heat over low heat for 2-3 minutes.

## Mixed Fruit Purée

- 1 cup dried fruits
- 1/2 cup hot water
- 1/2 cup milk

Mix dried fruits and grind until finely chopped. Add water and milk, and allow to rehydrate for 25-30 seconds; then blend until purée is achieved.

If desired, add 1-2 tablespoons of sugar or honey and stir. Pour into bowl(s) and refrigerate, if desired cold.

## Chicken Vegetable Soup

- 1 cup hot water
- 1 cup stewed tomatoes
- 1 cup hot water
- 1 cup mixed dried vegetables
- 1/4 cup dried onion
- 1/4 cup dried celery
- 1/4 teaspoon dried garlic
- 1/4 teaspoon dried parsley
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 cup egg noodles
- 1/4 cup cooked rice
- 1 tablespoon oil
- 2 tablespoons butter

Mix dried vegetables in a bowl. Add hot water and allow to rehydrate for 25-30 minutes. While vegetables are rehydrating, place broth in a medium-size saucepan over med-high heat. Crush tomatoes and add to broth. Add parsley, basil, oregano, salt and pepper, and stir. When water begins to boil, add noodles and allow to cook. In a small skillet, melt butter and saute onions, celery and garlic until wilted; then drain excess butter and add to broth. Add vegetables to broth and simmer over low heat for about 5-10 minutes, stirring occasionally.

## **Chicken Potato Soup**

Prepare the Chicken Vegetable Soup, but replace the noodles and rice with 3/4 cup potatoes, peeled and cut into cubes.

## **Beef Vegetable Soup**

Instead of chicken broth, use beef broth. To enhance the beef flavor, add 2 tablespoons dried meat to the dried vegetables before rehydrating.

## **Plantain Soup**

You will need 1/4 cup dried plantain fruit; grind until powdery.

Prepare the Beef Vegetable Soup and add ground plantain fruit just before simmering the last 5-10 minutes.

## **Beef Barley Soup**

Prepare the Beef Vegetable Soup, but replace the noodles and rice with 3/4 cup barley. Small chunks of cooked beef can also be added.

## **Bean Soup**

Prepare the Beef Vegetable Soup, but replace the noodles and rice with one (8 oz.) can red kidney beans just before simmering the last 5-10 minutes.

## **Garlic Bread**

1 loaf Italian bread  
1 stick butter  
3 tablespoons dried garlic  
2 tablespoons dried parsley  
2 tablespoons olive oil

Place butter in a small bowl and leave out of the refrigerator; in about 30-45 minutes it will be smooth enough for spreading. Use a fork to break up butter and spread out.

Grind garlic and parsley until powdery; then add to butter and mix together with a spoon until blended. Add olive oil and mix until smooth.

Cut bread in half and spread both sides with garlic mixture. Cut bread as desired and place on oven rack inside up. Heat in oven at 250 ° F for about 5 minutes, or until lightly toasted.

## **Powder-Coated Fruit-Nut Mix**

1/4 cup dried grapes (or sun-dried raisins)  
1/4 cup dried prunes, pitted  
1/4 cup dried papaya  
1/4 cup dried coconut (flakes,shredded)  
1/4 cup dried peaches (or apricots)  
1/8 cup sunflower seeds  
1/8 cup toasted cashew nuts  
1/8 cup toasted almonds  
1 cup powdered sugar

Mix all fruits and nuts in a bowl. Add powdered sugar and mix to coat.

## **Herb Salad**

3 cups romaine lettuce, cut into bite-size pieces

3 cups fresh spinach, cut into bite-size pieces

1 cup watercress, minced

1/2 cup shredded carrots

1/2 cup oil

1/4 cup vinegar

1/2 teaspoon salt

1/2 teaspoon black pepper

1/4 teaspoon dried parsley

1/4 teaspoon dried garlic

1/4 teaspoon dried celery leaves

1/4 teaspoon dried lemon balm leaves

1/2 teaspoon dried chives

Toss together lettuce, spinach and watercress. Place dried herbs in blender and mix until powdery.

To make dressing, pour vinegar into a bottle-type container suitable for mixing salad dressings and add herbs, salt and pepper. Cover and shake. Slowly, add oil and shake again. Immediately sprinkle over salad greens and blend together.

Garnish with shredded carrots on top.

## **Piña Colada/Cottage Cheese Dessert**

2 cups cottage cheese

3 tablespoon dried pineapple

3 tablespoons dried coconut

1 teaspoon sugar

Place cottage cheese in a small bowl. Grind pineapple and coconut; then add to cottage cheese and gently mix together with a spoon until well blended.

## **Vegetable Juice Drink**

1/4 cup dried tomatoes  
2 tablespoons dried carrots  
2 tablespoons dried celery  
1 tablespoon dried onion  
1/4 teaspoon dried parsley  
2 cups hot water  
1/8 teaspoon salt (optional)

Use only very dry, brittle vegetables. Mix dried vegetables and grind until powdery. Add 2 cups hot water and allow to rehydrate for 15-25 seconds.

Add remaining 1/2 cup water and blend until liquefied. Add salt and blend for an additional 5 seconds.

Pour into tall glass and refrigerate if desired cold.

## **Fruit Tea**

1 to 1-1/2 cups dried mixed fruits  
2 - 3 cups water  
Sugar or honey

Pour water into saucepan and allow to boil for 5 minutes. Remove from stovetop and add fruits. Stir and cover. Simmer over low heat for about 15 minutes. Remove from stovetop and allow to sit for about 5 minutes. Uncover and strain through cloth colander. Add sugar or honey to taste.

Tea can be covered and refrigerated if desired cold.

## **Herbal Tea**

Instead of dried fruits, use dried herbs that are classified as safe; some herbs may be toxic. Be sure you become familiar with the herbs you use for making teas.

# LIMITED ONE YEAR WARRANTY

**Warranty:** This product is warranted by Salton, Inc. to be free from defects in materials or workmanship for a period of (1) year from the original purchase date. This product warranty covers only the original consumer purchaser of the product.

**Warranty Coverage:** This warranty is void if the product has been damaged by accident in shipment, unreasonable use, misuse, neglect, improper service, commercial use, repairs by unauthorized personnel, normal wear and tear, improper assembly, installation or maintenance abuse or other causes not arising out of defects in materials or workmanship. This warranty is effective only if the product is purchased and operated in the USA, and does not extend to any units which have been used in violation of written instructions furnished with the product or to units which have been altered or modified or to damage to products or parts thereof which have had the serial number removed, altered, defaced or rendered illegible.

**Implied Warranties:** ANY IMPLIED WARRANTIES WHICH THE PURCHASER MAY HAVE ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE DATE OF PURCHASE. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

**Warranty Performance:** During the above one-year warranty period, a product with a defect will be either repaired or replaced with a reconditioned comparable model (at our option) when the product is returned to the Repair Center, or the purchase price refunded. The repaired or replacement product will be in warranty for the balance of the one-year warranty period and an additional one-month period. No charge will be made for such repair or replacement.

**Service and Repair:** Should the appliance malfunction, you should first call toll-free 1 (800) 233-9054 between the hours of 9:00 am and 5:00 pm Central Standard Time and ask for CONSUMER SERVICE stating that you are a consumer with a problem. Please refer to model number DH1000 when you call.

**In-Warranty Service (USA):** For an appliance covered under the warranty period, no charge is made for service or postage. Call for return authorization 1 (800) 233-9054.

**Out-of-Warranty Service:** A flat rate charge by model is made for out-of-warranty service. Include \$8.00 (U.S.) for return shipping and handling. We will notify you by mail of the amount of the charge for service and require you to pay in advance for the repair or replacement.

**For Products Purchased in the USA, but Used in Canada:** You may return the product insured, packaged with sufficient protection, and postage and insurance prepaid to the USA address listed below. Please note that all customs duty / brokerage fees, if any, must be paid by you and we will require you to pay the cost of customs duty / brokerage fees to us in advance of our performing any service.

**Risk During Shipment:** We cannot assume responsibility for loss or damage during incoming shipment. For your protection, carefully package the product for shipment and insure it with the carrier. Be sure to enclose the following items with your appliance: any accessories related to your problem, your full return address and daytime phone number, a note describing the problem you experienced, a copy of your sales receipt or other proof of purchase to determine warranty status. C.O.D. shipments cannot be accepted.

**To return the appliance, ship to:**

ATTN: Repair Center  
Salton, Inc.  
708 South Missouri Street  
Macon, MO 63552

**To contact us, please write to, call, or email:**

Salton, Inc.  
P.O. Box 7366  
Columbia, MO 65205-7366  
1-800-233-9054  
E-mail: Salton@Saltonusa.com

**Limitation of Remedies:** No representative or person is authorized to assume for Salton, Inc. any other liability in connection with the sale of our products. There shall be no claims for defects or failure of performance or product failure under any theory of tort, contract or commercial law including, but not limited to negligence, gross negligence, strict liability, breach of warranty and breach of contract. Repair, replacement or refund shall be the sole remedy of the purchaser under this warranty, and **in no event shall Salton be liable for any incidental or consequential damages, losses or expenses.** Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

**Legal Rights:** This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

For more information on Salton products: visit our website: [www.eSalton.com](http://www.eSalton.com)

©2002 Salton, Inc. All rights reserved.

Made in China

P/N 61102

7/02