



CHEFWAVE™

Dehydrator

RECIPE BOOK



BLUEBERRY CHIA SEED FRUIT LEATHER ROLL-UPS

Prep Time: 10 minutes

Cook Time: 8 hours

Yield: 6 rolls

INGREDIENTS

- 2 cups blueberries
- 4 Medjool dates
- 2 tbsp chia seeds
- 1/2 cup applesauce

STEPS:

1. Pit the dates. Combine all ingredients and puree them in a food processor.
2. Line the food dehydrator's drip tray with parchment paper. Spread your puree 1/8" thin evenly over the tray. It is important to spread evenly, because if the puree is too thick it will not dry correctly.
3. Place the tray in the dehydrator, and dehydrate at ~115° for 8 to 12 hours. Your fruit is finished drying when it has lost its stickiness but retains flexibility.
4. After the fruit has dried, remove your fruit leather but keep it attached to the parchment paper. Using kitchen shears, cut both the fruit leather and the attached paper in half. Roll each half lengthwise. Then, cut your fruit leather into six evenly sized rolls.
5. Serve, and store extra rolls in an airtight container. They will keep for 2 to 3 weeks.



DRIED AND FRIED SRIRACHA CHICKPEAS

Prep Time: 2 minutes

Cook Time: 10-12 hours

Yield: 2 servings

INGREDIENTS

- 1 x 19 oz can of chickpeas
- 3 tbsp sriracha
- 1 tsp salt
- 1 tbsp sugar

STEPS:

1. Rinse the chickpeas thoroughly. Place them on a kitchen towel use the towel to pat them dry.
2. Mix the sriracha and salt in a large bowl. Add the chickpeas and coat evenly with the mix. Sprinkle the sugar over the chickpeas; then transfer to a dehydrator tray lined with a fruit tray. Dehydrate for 10 to 12 hours at ~130°.
3. Once your chickpeas are dried, the next step is to sauté them. Add a small amount of olive oil to a frying pan and sauté over medium-low heat. Transfer a desired amount of chickpeas to the pan and sauté for 1 to 2 minutes, shaking the pan to prevent scorching. Serve warm or at room temperature.



HONEY-GARLIC BEEF JERKY

Prep Time: 24 hours

Cook Time: 4-6 hours

INGREDIENTS

- 1 x 1 1/2 - 2 lb flank steak
- 1/2 cup honey
- 2 tbsp granulated garlic
- 2 tbsp kosher salt
- 2 tbsp cracked black pepper

STEPS:

1. Trim and slice the flank steak. Warm the honey in a small saucepan until it is more fluid.
2. Stir the other ingredients in with the honey, and let it cool. Add your prepared flank steak to the marinade.
3. Refrigerate your marinating flank steak for 24 hours. Drain the flank steak, lay it out on the food dehydrator trays, and dehydrate at 167° for 4 to 6 hours.
4. Serve with your favorite side dish!



FIVE SPICE TERIYAKI BEEF JERKY

Prep Time: 24 hours

Cook Time: 4-6 hours

INGREDIENTS

- 1 x 1 1/2 - 2lb flank steak
- 1 cup soy sauce
- 3/8 cup brown sugar
- 1 tsp five-spice powder
- 1 tbsp ground ginger
- 1 tsp ground cumin

STEPS:

1. Trim and slice the flank steak.
2. Combine the other ingredients in a small bowl to make the jerky marinade. Add your prepared flank steak to the marinade.
3. Refrigerate your marinating flank steak for 24 hours. Drain the flank steak, lay it out on the food dehydrator trays, and dehydrate at 167° for 4 to 6 hours.
4. Serve with your favorite side dish!



SWEET-POTATO CHIPS

Prep Time: 10 minutes

Cook Time: 12-20 hours

INGREDIENTS

- 2 sweet potatoes
- 1-2 tsp coconut oil, melted
- sea salt, to taste
- cinnamon, to taste (optional)

STEPS:

1. Peel the sweet potatoes and slice them thinly with a mandoline slicer.
2. Place the sweet-potato slices in a bowl with the coconut oil and sea salt. Toss to combine. Add cinnamon, if desired.
3. Arrange the slices in a single layer on your dehydrator tray and dry at ~125° for 12 to 20 hours or until crisp. For best results, the chips should be eaten immediately, but they can be kept in an airtight container for a few days.



SALT AND VINEGAR ZUCCHINI CHIPS

Prep Time: 10 minutes

Cook Time: 8-14 hours

INGREDIENTS

- 4 cups thinly sliced zucchini (about 2-3 medium)
- 2 tbsp extra virgin olive oil, avocado oil, or sunflower oil
- 2 tbsp white balsamic vinegar
- 2 tsp coarse sea salt

STEPS:

1. Using a mandoline or knife, slice the zucchini as thinly as possible.
2. In a small bowl, whisk the olive oil and vinegar together.
3. Toss the zucchini in a large bowl with oil and vinegar.
4. Arrange the zucchini slices in even layers and add them to your dehydrator. Then, sprinkle the coarse sea salt over the zucchini.
5. Drying time will vary depending on the thickness of your slices, as well as the dehydrator model you use. It can take anywhere from 8 to 14 hours, so you should monitor carefully the first time you try this recipe.
6. Set the temperature to ~135°.
7. Store your chips in an airtight container.



DRIED MINCED ONIONS

Prep Time: 5 minutes

Cook Time: A few hours

INGREDIENTS

- Onions

STEPS:

1. Peel your desired amount of onions and cut off any bad spots.
2. Use a mandoline, preferably with a julienne blade. If one is not available, use the blade that will cut the thinnest possible slices. If a mandoline is not available, use a good knife and carefully cut ultra-thin slices.
3. Cut your slices into a fine mince.
4. Line your dehydrator trays with parchment paper. Transfer the onions to the trays, spreading them out as evenly as possible.
5. Place the trays into your dehydrator and set the temperature to ~145°.
6. After 2 hours, lower the temperature to ~125°. Break up any large clumps of onions you see.
7. Drying time will vary depending on the size your onion pieces, their level of moisture, and the humidity level.
8. Once your onions are completely dry, let them cool for a bit and store them in an airtight container.



CELERY

Prep Time: 10 minutes

Cook Time: 6-10 hours

INGREDIENTS

- Celery

STEPS:

1. Separate and clean the celery stalks. Peel the outside if you want to remove any strings. Separate the leaves from the ribs, and allow them to dry.
2. Chop the celery ribs into bite-sized pieces for using in soups and cooking, or chop them fine for powdering. You can blanch if desired but it is not required.
3. Dehydrate at $\sim 125^{\circ}$ for 6 to 10 hours. Allow your celery to cool, and store it in an airtight container.



WATERMELON

Prep Time: 3-5 minutes

Cook Time: 8-12 hours

INGREDIENTS

- Watermelon

STEPS:

1. Slice a quarter of your watermelon into strips 1/4" or thinner, and then remove the crescent-shaped rind portion from those slices.
2. Cut watermelon chips the size of typical tortilla chips.
3. Set the temperature to ~135° and dry for 8 to 12 hours.



APPLE AND CINNAMON APPLE CHIPS

Prep Time: 10-15 minutes

Cook Time: At least 3-4 hours

INGREDIENTS

- 3-4 apples, washed well
- 1 3/4 cups evaporated cane sugar
- 2 cups water
- 3 tbsp lemon juice
- 2 tsp cinnamon
- 2 tsp powdered sugar (optional)

STEPS:

1. Stir the cane sugar, water, and lemon juice together in a large saucepan over medium heat until the sugar is dissolved.
2. Remove from heat and set the syrup aside. Using a mandoline or a very sharp knife, slice the apples thinly, between 1/8" and 1/4" thick.
3. Soak the apple slices in the syrup for about an hour.
4. Drain the slices in a colander, and set it over the pot to drip. Meanwhile, arrange the slices on your dehydrator trays.
5. Once laid out on the trays, you can sift plain cinnamon or a cinnamon/powdered sugar mixture over the slices to make cinnamon apple chips.
6. Set the temperature between 135° and 145° and dry for 3 to 4 hours. For thicker slices, run the dehydrator overnight.
7. Occasionally check the crispiness of your chips. Take into account that the chips will be crispier after cooling than while warm in the dehydrator.
8. Store the chips in an airtight container.



PINEAPPLES

Prep Time: 5-10 minutes

Cook Time: 12-16 hours

INGREDIENTS

- Pineapple

STEPS:

1. Use pineapples with minimal bruising or damage. Rinse and scrub the pineapples under tap water.
2. Chop the fruit into strips or chunks about 1/2" to 3/4" thick.
3. Place the pineapple slices into a single layer on your dehydrator trays. For easier cleanup, line the trays with nylon or mesh sheets to prevent sticking.
4. Dehydrate at ~135° for 12 to 16 hours, turning the slices about halfway through to ensure even drying.
5. Once your pineapple is firm, chewy, and lightly sticky, it is ready.
6. Store the pineapple chips in an airtight freezer bag or vacuum seal them.



STRAWBERRIES

Prep Time: 1-3 minutes

Cook Time: 6-12 hours

INGREDIENTS

- Strawberries

STEPS:

1. Cut the strawberries into slices between 1/4" and 1/2" thick.
2. Place the slices on the dehydrator trays and spread them evenly.
3. Dehydrate from 6 to 12 hours until they have a leathery texture.
4. Check carefully when they are close to done to avoid overdrying.



POTATO FLAKES

Prep Time: 10-15 minutes

Cook Time: 24-36 hours*

INGREDIENTS

- Potatoes

STEPS:

1. Wash and peel the potatoes. Bring them to a boil in a large pot with enough water to submerge them. Cook until the potatoes are done (a fork or knife should be able to easily pierce them). They should be somewhat mushy.
2. Do not drain the potatoes when done.
3. Transfer the cooked potatoes to a mixing bowl and whip with only the cooking water until smooth.
4. Lay your mashed potatoes out on a dehydrator sheet.
5. Set your dehydrator temperature to 140° for 24 hours.
*If you need more time and your dehydrator's maximum temperature is 24 hours, restart the drying as needed. The ideal time will depend on how thick you laid the potatoes on the sheet.
6. After 12 to 15 hours, check for any dried potatoes and turn those over to maintain evenness. They are done when they break instead of bend and have turned a whitish golden color.
7. Remove your dried pieces from the dehydrator and transfer them to a blender or food processor to break them up into flakes.



PEAR SLICES

Prep Time: 5-15 minutes

Cook Time: At least 3-4 hours

INGREDIENTS

- Pears
- Lemon juice (optional)

STEPS:

1. Wash your pears and cut out any bruised or bad spots.
2. Slice your pears. Either use an apple corer to cut out the core before slicing the pears into rings, or slice them lengthwise into slices without removing the core. You should aim for slices 1/4" to 1/4" thick. Thinner slices will result in a crunchier texture, and thicker slices will be chewier.
3. (Optional) If you don't want your pears to brown while drying, soak them for 10 minutes in lemon juice. This will prevent an unseemly tan-brown color.
4. Arrange your pear slices on your food dehydrator trays.
5. Set the temperature between 135° and 145° and dry for 3 to 4 hours. For thicker slices, run the dehydrator overnight.
6. When your pears are dry, remove them from the dehydrator and let them cool.
7. Store the pear slices in an airtight container.



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