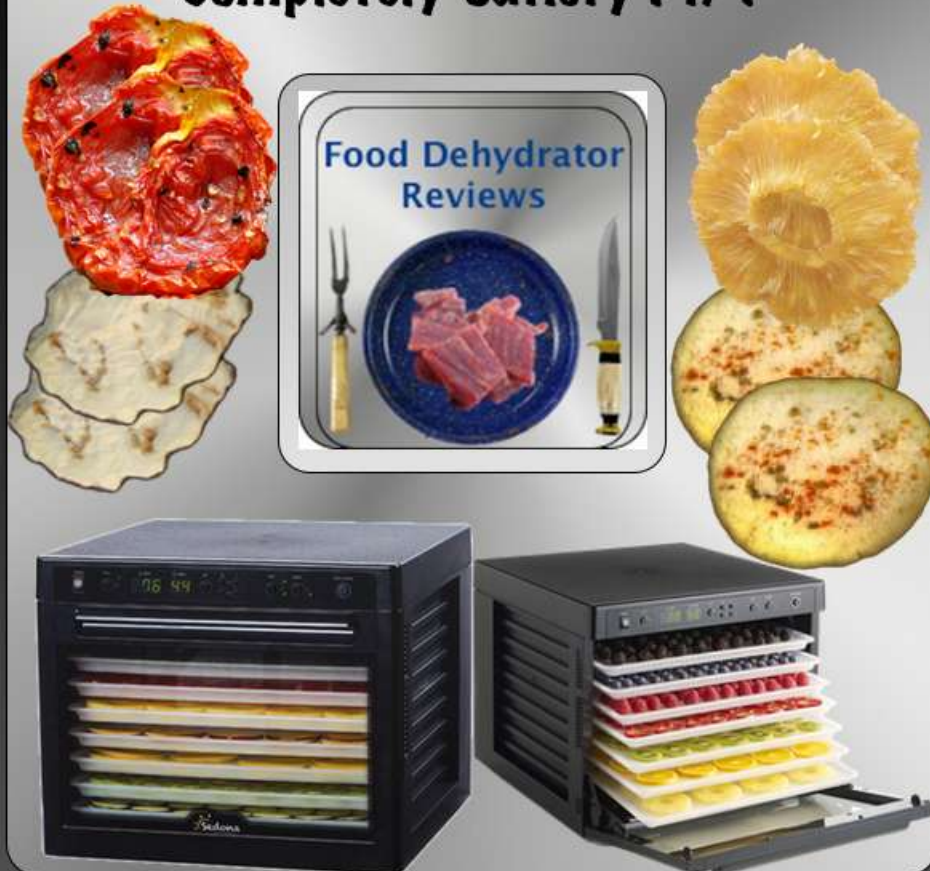


Recipes That Dry on High and Completely Satisfy Pt. 1



Hello and thank you for taking the time to download our eBook from [Food Dehydrator Reviews](#). As someone, who adores delicious, dehydrated foods, you need to take the time to obtain everything you need. First, you'll need to acquire a sufficient dehydrator. Since you've already downloaded this eBook, you've most likely already completed that crucial step. Congratulations! You're well on your way to enjoying delicious, healthy dehydrated foods. Unfortunately, there aren't a whole lot of books or resources out there that focus on recipes for these foods.

Those that are out there are ungodly expensive. We totally understand this and hope that our eBook will become your go-to choice for dehydrator recipes. Again, we thank you for downloading our eBook.

Once you're ready to begin, you should fire up your dehydrator and proceed forward.



[Food Dehydrator Buying Guide](#)

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BEEF JERKY RECIPES

Beef jerky has been around for generations. It has been made famous, by historical cowboys and those silly Sasquatch commercials. If you refuse to spend excessively for pre-dehydrated jerky, you can easily make your own, with a good dehydrator. In order to do so, you will want to prepare your meat, throw it in your dehydrator, turn the heat to low and allow it to dehydrate for a sufficient period of time.

Sounds easy enough, right? Well, not all beef jerky recipes are the same and some can be a little more complicated. Don't worry though, because you'll be able to pull it off, with our assistance. Below, you will discover some of the best beef jerky recipes!

How To Store Beef Jerky

Storing the beef jerky properly is essential, if you want it to maintain its delicious flavor. Beef jerky can easily be stored for a lengthy period of time or on a short-term basis, as long as it is done properly. The easiest ways to store the beef jerky will be listed below for your consideration.

Zip Lock/Paper Bags – If you wish to store the edibles for a short period of time, zip lock bags will suffice. The bag will be able to prevent the jerky from spoiling for 3 to 4 weeks in most cases.

Mason Jar – Those that want to store the foods for a lengthier period of time will want to opt for mason jars. Once you've gotten your beef jerky dehydrated, you will want to throw it into the jars and secure the lids tightly. Heating the jars and allowing them to cool at room temperature can help to create a vacuum seal, which will preserve the jerky for an extensive period of time.

Vacuum Sealers – If you truly wish to store the jerky for a lengthier period of time, you will want to invest in a vacuum sealer. Although they're a little costly, they'll enhance the longevity of your jerky and other foods significantly.

Regardless of which option you decide to use, you should make sure to keep your jerky away from the moisture and air!



Marinated Beef Jerky

If you're a fan of marinated foods, you will definitely want to try out some marinated beef jerky. There are many different concoctions that can be used here, but none is better than the one provided below. Once you've gotten your meat and your stomach begins to growl, you will want to collect the supplies listed below, so you can get started!

- 16 Ounce rump roast
- 1/3 Cup soy sauce
- 1/2 Cup olive oil
- 1/4 Cup Worcestershire sauce
- 1/2 Cup lemon juice
- 1/2 Apple sliced
- 1/2 Green pepper diced
- 1/2 Onion diced
- 1/2 Orange sliced
- 1 Teaspoon salt and pepper (can be omitted)
- 1 Teaspoon garlic powder

Supplies:

- 1 Gallon size freezer zip lock bag
- Cutting board
- Large butcher knife
- Large glass bowl
- Wooden spoon

Step 1

Slice the beef into 1 ½" W X ¼" thick slices (slice with the grain)



Step 2

Combine all the ingredients, except the rump roast into the large glass bowl. Stir the ingredients together thoroughly, until the powdered ingredients are dissolved into the liquid mixture.



Step 3

Pour the liquid marinade into the freezer bag, along with the beef strips.



Step 4

Place in refrigerator and leave them there for 24-48 hours

Step 5

Remove from refrigerator and lay strips on dehydrator tray, but do not overlap the slices



Step 6

Set dehydrator at 145-160 degrees Fahrenheit and timer for 6-8 hours (this time frame will vary depending on the type of dehydrator you have on hand)



Step 7

Remove jerky strips from dehydrator tray, place in plastic bag, and store away until you are ready to enjoy



BISON JERKY

If you're a big fan of traditional jerky, you will absolutely love our Bison Jerky recipe. The recipe has a tinge of modernism, but is steeped in rich Native American history. Step back into the days of Squanto and enjoy our Bison Jerky, by following the steps below.

First, you'll need to collect your supplies. These will be listed below for your convenience. Take note that this recipe will provide you with approximately 2 pounds of bison jerky!

- 4 pounds beef – should be sliced very thin to about 1/8 inch
- 4 tablespoon of chopped garlic
- 2 tablespoon crushed red chile
- 1 tablespoon black pepper
- 1 ½ cup Worcestershire sauce
- 2 teaspoon honey
- 1 teaspoon liquid smoke
- Optional – 1 tablespoon sugar

Step 1

When you're ready to begin, you will want to grab a zip lock bag and throw in all of your ingredients. At this point, the aroma will fill your nostrils and you'll salivate uncontrollably. Unfortunately, you'll need to allow the ingredients to marinate for 24 hours.

Step 2

After the duration has passed, you can remove the meat, rinse it thoroughly and use paper towels to dry it.

Step 3

Now, it is time to cook your meat! Be sure to utilize your favorite dehydrator. Using a low setting of below 200 degrees is recommended. The meat should be dried for 5 to 6 hours, but this will vary depending on your dehydrator and the specific temperature used.

Step 4

After the duration has concluded, you will want to remove the meat carefully and store it in an airtight container. Using a vacuum packer or throwing the meat into zip lock bags is recommended. Once the meat has dried, you will be able to feast on the delicious Bison Jerky!



Pastrami Beef Jerky

If you're looking for a delicious jerky, which is incredibly easy to cook, you will definitely want to try out the Pastrami Beef Jerky! The delicious flavor will explode in your mouth and you'll find yourself preparing more, within days! This is definitely one of the tastiest recipes of all and it is best straight out of the dehydrator! Below, you'll find a list of required supplies.

- 6 pounds of flank steak or brisket
- 1 cup soy sauce
- 1 cup Worcestershire sauce
- 1 tablespoon pureed garlic
- 4 tablespoon cracked pepper
- 4 tablespoon coriander seed
- ½ cup brown sugar

Step 1

First and foremost, you'll need to slice up your meat. Use a sharp knife, proceed with caution and chop up the meat into strips approximately $\frac{1}{4}$ or $\frac{1}{2}$ inches thick.

Step 2

All ingredients, aside from the cracked pepper and coriander seed, should be combined in a zip lock bag. Throw in the sliced meat and toss the bag into the freezer. It should remain there overnight, so it marinates properly.

Step 3

Remove the meat and allow it to reach room temperature. Now, it is time to prepare your dehydrator. Keeping the temperature below 200 degrees Fahrenheit is recommended. Lay out your strips on the trays, while taking caution to keep space between each.

Step 4

Before adding the trays to the dehydrator, you should generously cover the strips with the coriander and cracked pepper. Adding more will deliver a spicier taste.

Step 5

Push or place the trays in the dehydrator. At this point, you just need to wait it out. Generally, it will take around 2 to 4 hours, before the jerky is ready. Keeping a careful eye on the jerky and cooking it to your desired chewiness is recommended.



Turkey Jerky

Beef jerky and health don't necessarily fit together like peanut butter and jelly. Of course, it is possible to revamp your jerky and make it slightly less hazardous, by using turkey! Utilizing white meat, organic turkey is recommended for those that are worried about their health. Below, you'll find out how to make 16 servings of Turkey Jerky! First, you'll want to collect your ingredients, which will be listed below.

- 3 cups Worcestershire sauce
- 1 ½ cup soy sauce
- 1 cup BBQ sauce
- 3 ½ tablespoon onion powder
- ½ cup liquid smoke
- 2 pound turkey breast tenders

Step 1

First and foremost, you will need to start, by slicing up the turkey into thin strips. You will also need to combine all of the ingredients above together to create a jerky marinade.

Step 2

Once the marinade has been mixed and the turkey has been sliced, you will want to place the turkey in a bowl and cover it with the marinade. Stick the turkey in the fridge and allow it to sit overnight.

Step 3

In the morning, you will want to remove the meat and place it on several paper towels. This will remove excess liquid from the turkey.

Step 4

Now, it is time to flip on your dehydrator. It should be set to approximately 200 degrees Fahrenheit. Allow the jerky to dehydrate, until it is completely dry and golden.

Fruit Dehydrator Recipes

A food dehydrator can be a very versatile machine and it can be used to dry out an abundance of different foods. Although it is frequently associated with beef jerky, it can also dry out fruits and vegetables! If you want to concoct a healthier treat, you'll want to throw some fruits and vegetables in your dehydrator.

If you're interested in a delicious, dehydrated fruit dinner, you will want to check out our recipes listed below.

Marinated Eggplant

There is often a misconception that dehydrated foods must be meats, but this isn't true. It is possible to dehydrate a variety of different foods in your dehydrator. How about eggplant? Why not? You can easily dry out this fruit and it tastes scrumptious, once it has been dried. Below, you'll find our favorite marinated eggplant recipe!

Ingredients:

- 2 Eggplants
- 1 Whole onion diced
- 1 Garlic clove diced
- 1/4 Cup of pineapple juice
- 1 Tablespoon red wine vinegar (can be substituted for apple cider vinegar)
- 1/4 Teaspoon salt and better (can be omitted)
- 4 Tablespoons olive oil
- 2 Tablespoons soy sauce
- 1 Tablespoon maple syrup
- 1 Tablespoon paprika

Supplies:

- Large glass bowl
- Wooden spoon or spatula
- Cutting board
- Vegetable knife
- 1 Glass canning jar

Step 1

Cut the eggplants into slices or strips, whichever you prefer



Step 2

Mix all of the ingredients, except eggplant into the large glass bowl and stir until powdered ingredients are dissolved into the liquid mixture



Step 3

Pour the marinade and eggplant slices into the glass canning jar, seal the lid tight, and then place into the refrigerator for 24-48 hours



Step 4

Remove jar from refrigerator and place the eggplant slices on the dehydrator tray, but do not overlap the slices



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