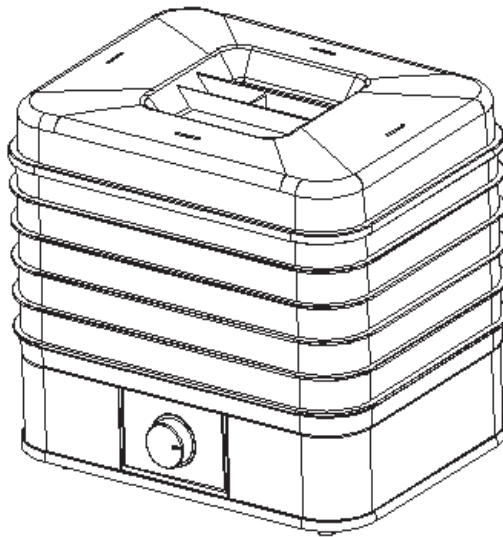


140mm

COSTWAY®



210mm

USER'S MANUAL

HW56444

Food Dehydrator

THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.

Read this booklet thoroughly before using and save it for future reference.

Safety Guides

When using any electrical appliance, basic safety precautions should always be followed including:

Children should be supervised to ensure that they do not play with the appliance. Always ensure the voltage on the rating label corresponds to the voltage in your home.

Check the power cord and plug regularly for any damage. If the cord or the plug is damaged, it must be replaced by a qualified electrician or a repair center. If in doubt please contact our customer service team.

The appliance is intended for domestic use only. The supplier cannot be held responsible for injury or damage if the appliance has been used for anything other than its intended use.

Incorrect operation and use can damage the appliance and cause injury to the user.

Do not use the appliance if it has been dropped or damaged in anyway. If the unit has been damaged take the unit for examination and or repair by the qualified technician.

Do not immerse or expose the motor assembly, plug or the power cord in water or any other liquid for any reason.

If the supply cord is damaged, it must be replaced by the manufacturer or by someone who is suitably qualified to avoid a potential hazard.

Do not let the cord hang over the edge of a table or counter. Ensure that the cord is not in a position where it can be pulled or tripped over accidentally.

Do not allow the cord to touch hot surfaces and do not place the cord near hot gas, electric burners or in a heated oven.

Use of an extension cord with this appliance is not recommended.

However if it is necessary to use an extension cord, ensure that the extension cord is equal to or greater than the power consumption of the appliance to avoid overheating of the appliance and extension cord. Do not use any other appliance on the extension cord. Do not place the extension cord in a position where it can be pulled on by children or animals or be tripped over.

Always operate the appliance on a smooth, even and stable surface. Do not place the unit on a hot surface.

Always remove the plug of the appliance safely. Do not pull on the cord to remove the appliance plug from the electrical socket.

Never handle or operate the appliance with wet hands.

Do not cover the air holes of the appliance.

Before first time use

Clean all parts of the appliance with a damp cloth.

Ensure that the appliance is dry before attempting to dehydrate food.

Make sure that all parts are fitted correctly and are in working condition.

Preparing the food

Unlike tinned fruit, there is no extra sugar added during the dehydrating process(unless the user adds sugar as an optional extra, this can sometimes produce abitter taste) it is important to follow these basic guidelines to produce the best quality food:

Always ensure that the food is in date and of good quality.

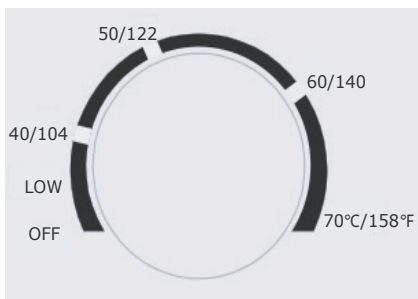
It is best to use tree-ripened fruits as they contain the highest natural sugar content.

Do not use over-ripe or rotting fruits and vegetables, if the food has bruised or discoloured parts, please remove the discoloured section before dehydrating.

Some fruits such as apples, pears and apricots are pre-treated to slow the loss of vitamins and also to prevent discolouring. Always thoroughly wash food to ensure it does not contain dirt, bacteria and other harmful substances.

It's optional to peel fruit and vegetables before drying them. The peel can become tough during the drying process; however it is down to your personal preference.

It may be necessary to steam/ blanch vegetables before drying them, this is due to the different textures of the vegetables.



Assembling the dehydrator

1. Place the appliance on a smooth, level table. Ensure that the power cord is only a short distance away from the electrical supply.
2. Prepare and cut ingredients as instructed. Place on the dehydrating trays or onto the dehydrator sheets as required.
3. Turn the main switch of the electrical power supply on.

Dryness Test

Fruits, if dried properly, should have a pliable and leathery texture with little moisture (less than 20%). It is a frequent problem that people over dry fruit, this can lead to a poor taste and the fruit having less nutritional value.

Therefore to achieve the best possible taste from dehydrated food ensure the correct drying time is followed.

Vegetables should be chewy and brittle however different vegetables can vary in texture.

Storage of foods

It is vital to store dehydrated food correctly in order to maintain the quality and taste of the product. Ensure that all dried foods are stored in a cool dark place; the cooler the food is kept the longer the optimal quality will be maintained.

If it is possible please store the food in a refrigerator or freezer alternatively, you can store dried foods in a cool place in your home.

Be aware that light causes the quality and nutritional value of the food to deteriorate.

When storing the food it is recommended to store it in a sealed bag or a darkened container.

Storing foods

The naturally high sugar and acid content contained in many fruits allowing them to be stored for longer periods of time.

When packaged and stored correctly most fruit can last for about a year whilst vegetables can be stored for up to about 6 months.

Do not consume fruits and vegetables that show any signs of deterioration.

Re-hydrating foods

Foods that have been dehydrated can be re-hydrated in water. This can be performed in 3 ways:

Fruits and vegetables can be soaked in water for 2-6 hours, ensure that they are refrigerated during this process.

They can be soaked in boiling water for 5-10 minutes until they have reached the desired consistency.

You can also re-hydrate fruits and vegetables by cooking them. Do not add seasoning or sugar during this process. A good general rule is to use 2 cups of water to the fruit and allow it to stew.

Cleaning and maintenance

The dehydrator trays are dishwasher safe.

Do not for any reason immerse the main unit in water or any other liquid.

Clean with a slightly damp cloth and dry thoroughly before storage.

Store the appliance in a clean, damp-free environment preferably in its original packaging.

Making Beef jerky

As with nearly all foods, it is important to start with a quality cut of meat. Select a lean cut or round stake about one to one and a half inches thick, trim off all the excess fat and connective tissue. Fat hampers how well the meat will dry and the connective tissue will make the beef jerky hard to chew.

For easier cutting, place meat in the freezer for about 30 minutes to partially freeze. Then turn it over and freeze it for an additional 15 minutes. Cut across the grain into strips about 1/8 inch(0.3 cm) thick.

Marinate the strips for three hours.

Drain the marinated strips on a paper towel, and place the strips on the drying tray.

Remember to protect the dehydrator from dripping foods (use a Teflon baking liner) dehydrate until strips are quite dry and can bend without breaking. This will take from 6-16 hours. Unlike other dried meats, jerky should be slightly chewy but not brittle.

Jerky marinade

1/2 cup soy sauce

2 tbsp. Brown sugar

1/2 cup of Worcestershire sauce

1/2 tsp onion powder

Garlic clove, crushed

2 tbsp. ketchup

1 to 1 3/4 tsp. salt

1/2 tsp. Pepper

Banana and peanut roll up

Ingredients

4 Bananas

1 cup of peanut butter

Method

1. Blend the ingredients together.
2. Spread the ingredients onto a dehydrator sheet.
3. Set the appliance to 12hrs on 60°C/140°F.
4. Once the dehydrating process has finished remove the dehydrator sheet from the appliance. Allow to cool and roll up. Cut according to the required thickness.



EN

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