

Dehydrating Chart:

Drying Fruit:

FRUIT	PREPARATION	AVERAGE DRYING TIME	DRYNESS TEST
Apples	Peel (optional), slice, core. Pretreatment is optional.	7 - 15 Hrs	Pliable
Apricots	Slice firm, ripe fruit, remove stone. (Or cut in half and pop back - dry skin side down). Pretreat or soak overnight in honey and water (optional).	10 - 28 Hrs	Leathery or Pliable
Bananas	Slice (5mm thick) or divide lengthwise. Pretreat in citrus juice (optional).	12 - 16 Hrs	Leathery
Blue-berries or other small berries	Wash and remove stems. Blanch (3 mins). Place in cold water. Suitable for Roll-ups only.	10 - 16 Hrs	Leathery
Cherries	Wash and remove stems, pit and cut in half.	12 - 24 Hrs	Leathery
Citrus Fruit: Oranges, Mandarins, Lemons	Slice (3mm thick). Peel can be dried separately (optional).	10 - 18 Hrs	Crisp or Leathery
Coconut	Drain off liquid and remove flesh. Remove dark outer skin and grate flesh or slice (5mm thick).	10 - 14 Hrs	Crisp or Leathery
Figs	Slice (3mm thick), halve or quarter. Simmer in honey or sugar to make more pliable (optional).	10 - 30 Hrs	Leathery or Pliable
Grapes	Wash and remove stems. Cut in half, dry skin side down (optional), or dry whole. Blanching will reduce drying time by 50%.	22 - 30 Hrs	Pliable
Nectarines	Wash and pit. Peel (optional). Cut into $\frac{3}{8}$ slices. Skin side down.	8 - 16 Hrs	Pliable
Peaches	Wash and pit. Peel (optional). Cut into $\frac{1}{4}$ slices.	8 - 16 Hrs	Pliable
Pears	Wash, remove core and peel. $\frac{1}{4}$ the pear or slice (5mm thick).	8 - 16 Hrs	Pliable
Persimmons	Wash, remove cap and peel. Slice (5mm thick).	11 - 19 Hrs	Leathery
Pineapple	Peel, remove fibrous eyes and core. Slice (5mm thick).	10 - 18 Hrs	Pliable
Prunes / Plums	Wash, cut in half, remove pit and pop back. Dry skin side down.	8 - 16 Hrs	Leathery
Strawberries	Wash, cut off caps and slice (5mm thick).	7 - 15 Hrs	Leathery and Sticky
Watermelon	Cut off rind, cut into wedges and remove seeds.	8 - 10 hrs	Pliable and Sticky

Drying Vegetables:

VEGETABLE	PREPARATION	AVERAGE DRYING TIME	DRYNESS TEST
Asparagus	Cut along the length (20mm pieces). Blanch (5 mins).	5 - 8 Hrs	Leathery
Beans	Cut young beans thinly lengthwise. Blanch (3 mins). Do not overdry.	4 - 12 Hrs	Brittle
Broad Beans	Shell young beans. Boil (5 mins). Place in cold water.	8 - 12 Hrs	Leathery
Beetroot	Cook until tender. Cool. Slice (5mm thick).	8 - 14 Hrs	Leathery
Broccoli / Cauliflower	Wash thoroughly. Cut florets lengthwise (5mm thick) and blanch (3 mins).	6 - 11 Hrs	Crisp
Carrots	Peel (optional). Slice (5mm thick), or grate and blanch (3 mins).	6 - 10 Hrs	Leathery
Celery	Cut (5mm thick).	3 - 10 Hrs	Crisp
Corn	Husk, steam until milk sets. Remove kernels.	6 - 10 Hrs	Brittle
Cucumber	Peel (optional). Slice (5mm thick).	4 - 8 Hrs	Leathery
Eggplant (Aubergine)	Peel (optional). Slice (5mm thick). Blanch (5 mins).	4 - 10 Hrs	Leathery
Greens: Swiss chard, Spinach, Cabbage	Wash thoroughly, trim leaves from stems. Blanch until slightly wilted. Do not clump together.	3 - 8 Hrs	Brittle
Mushrooms	Young mushrooms should be wiped or brushed with a damp cloth. Dry whole or in slices (5mm).	3 - 10 Hrs	Crisp
Onions	Remove skins, tops and root ends. Slice (5mm thick). Best dried alone.	4 - 10 Hrs	Crisp
Parsnips	Peel and slice (5mm thick). Blanch (5 mins).	7 - 12 Hrs	Leathery
Peas	Shell young peas and blanch (3mins). Do not overdry.	4 - 8 Hrs	Brittle
Peppers (Capsicums)	Cut in strips or rings (5 mm). Remove seeds.	4 - 10 Hrs	Leathery
Potatoes: White or Sweet	Wash, peel, slice (5mm thick), dice or grate. Cook in boiling, salted water (5 mins). Rinse well in cold water.	6 - 14 Hrs	Casseroles
Tomatoes	Wash firm, ripe tomatoes. Slice (5mm) thick. Overripe tomatoes to be used in roll-ups.	5 - 12 Hrs	Leathery
Turnips	Peel thinly. Slice (5mm thick). Blanch (8 mins).	8 - 12 Hrs	Leathery
Zucchini (Courgettes)	Remove ends. Slice (5mm thick). Blanch (2 mins).	7 - 11 Hrs	Leathery

NOTE: Very humid conditions will require higher temperature settings. Drying times shown are guidelines only.