

COSORI®

PIONEER 5-TRAY FOOD DEHYDRATOR

Recipes

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(We hope you love your food dehydrator as much as we do.)



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enjoy weekly, featured recipes
made exclusively by our in-house chefs



CONTACT OUR CHEFS

Our helpful, in-house chefs are ready to assist you with any questions you might have!

Email: recipes@cosori.com
Toll-Free: 1-888-402-1684
M–F, 9:00 am—5:00 pm PST/PDT

On behalf of all of us at Cosori,

Happy cooking!

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Tips from the Chef

This handy cookbook will illustrate how to get the most out of your Cosori Food Dehydrator.

CLEANING TRAYS

- Soak the trays in hot, soapy water for easy removal of food residue between the tray grooves.
- If you don't have a large enough sink to soak the trays, use a toothbrush to brush away food residue.
- To make cleanup easier, use parchment paper to line your trays while dehydrating.

CLEANING BASE

- Remove chunks of food that may have fallen onto the base.
- Dampen a clean washcloth with warm water. Use the washcloth to remove any food residue on the base of the dehydrator.

HANDLING STALE FOOD

- Do you have stale cookies, crackers, cereal, or chips? Missing that satisfying crunching sound? No problem. Re-crisp your stale foods with ease! Place them in a single layer on the dehydrator trays and dehydrate at 145°F for 1 to 2 hours.
- Thinking of throwing away that stale bread? Turn it into breadcrumbs by dehydrating the bread.

STORAGE

- Store your dehydrated foods in airtight containers, mason jars, or even freezer bags. Don't store directly in a metal container.
- If storing in freezer bags, make sure to remove as much air as possible before sealing.
- After dehydrating, food will be warm. Before storing, make sure to let your food cool for 30 minutes to 1 hour.
- If any condensation forms in your containers, that means that your food was not dehydrated properly. Simply place it back in the dehydrator for additional time.
- Storage temperature should be 50°F (10°C) or lower.
- You can store dried fruit, vegetables, herbs, nuts, and bread for up to 1 year in the refrigerator or freezer.
- Dried meats, poultry, and fish should only be stored for 3 months if kept in the refrigerator, or up to 1 year in the freezer.

Tips from the Chef (cont.)

DEHYDRATING FOOD

- Adding lemon juice to fruits, like apples and bananas, can help prevent them from turning brown. Squeeze lemon juice over your fruits or let them sit in a solution of lemon juice and water for 5 minutes before dehydrating.
- Choose lean meats or cut the fat off fatty meats when making jerky. Fat can turn rancid and can affect the quality of your food.
- When dehydrating vegetables, be sure to blanch them for 1 minute first. Blanching will help them retain their color, flavor, and texture.
- Cut your food into evenly sized pieces. This will ensure that all pieces finish dehydrating at the same time. You can partially freeze meat for even slicing. A mandolin works best for slicing up vegetables or fruit.
- Avoid trying to dry food faster by increasing the temperature. This can lead to the outside over-drying and the inside unevenly dried.
- If the food seems soft or spongy, place the food back into the dehydrator for additional drying time. The ideal result is dry and firm.

DEHYDRATING GUIDE

Temperature	Uses
95°F	Herbs and Flowers
125°F	Vegetables
135°F	Citrus Peel
145°F	Fruit and Fish
150°F	Nuts and Seeds
165°F	Meat, Root Vegetables, Fruit Rolls

Cheat Sheet

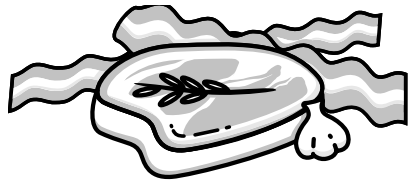
Fruits	Type	Preparation	Texture	Dry Time (hours)
Apples	Fruit	Peel, core, and cut into rings	Pliable	5-6
Apricots	Fruit	Cut in half, or slice and remove pit	Pliable	12-24
Bananas	Fruit	Peel and cut into ¼-inch-thick slices	Crisp	8-24
Cherries	Fruit	Cut in half and pit	Leathery	8-36
Cranberries	Fruit	Leave whole	Pliable	6-30
Dates	Fruit	Remove pit and slice	Leathery	6-24
Figs	Fruit	Slice	Leathery	6-24
Grapes	Fruit	Leave whole	Pliable	8-38
Mangoes	Fruit	Remove skin and cut into ⅜-inch-thick slices	Pliable	6-16
Nectarines	Fruit	Cut in half or slice and remove pit	Pliable	8-26
Peaches	Fruit	Peel, pit, and cut into slices	Pliable	12-20
Pears	Fruit	Peel and slice	Pliable	10-24
Strawberries	Fruit	Trim and cut into ⅜-inch-thick slices	Pliable	8-24
Orange Rind	Citrus Peel	Peel in long strings	Brittle	8-16
Lemon Rind	Citrus Peel	Peel in long strings	Brittle	8-16
Lime Rind	Citrus Peel	Peel in long strings	Brittle	8-16

Herbs	Type	Preparation	Texture	Dry Time (hours)
Chives	Herb	Chop	Brittle	6-10
Rosemary	Herb	Leave on stem	Brittle	6-10

Nuts	Type	Preparation	Texture	Dry Time (hours)
Almonds	Nut	Soak for 8 hours	Crunchy	8-24

Cheat Sheet (cont.)

Vegetables	Type	Preparation	Texture	Dry Time (hours)
Asparagus	Vegetable	Cut into 2-inch-long pieces	Brittle	6-14
Brussels Sprouts	Vegetable	Cut sprouts from stalk, then in half	Crisp	8-30
Broccoli	Vegetable	Trim, cut, and steam till tender (3-5 minutes)	Brittle	6-20
Cabbage	Vegetable	Core, trim, and cut into ⅛-inch strips	Leathery	6-14
Cauliflower	Vegetable	Trim, cut, and steam until tender (3-5 minutes)	Leathery	6-16
Celery	Vegetable	Cut stalks into ¼-inch slices	Brittle	6-14
Cucumber	Vegetable	Cut into ½-inch-thick slices	Leathery	6-18
Eggplant	Vegetable	Trim and cut into ¼-inch to ½-inch-thick slices	Brittle	6-18
Garlic	Vegetable	Remove skin from clove and trim root end	Brittle	6-16
Green Beans	Vegetable	Trim ends and steam blanch	Brittle	8-26
Mushrooms	Vegetable	Slice, chop, or leave whole	Leathery	6-14
Onions	Vegetable	Slice thinly or chop	Brittle	8-14
Peas	Vegetable	Blanch for 3-5 minutes	Brittle	8-14
Peppers	Vegetable	Remove seeds and cut into ¼-inch-thick strips or rings	Brittle	6-14
Rhubarb	Vegetable	Remove outer skin and cut into ⅛-inch-thick pieces	Brittle	8-38
Spinach	Vegetable	Steam blanch until wilted	Brittle	6-16
Tomatoes	Vegetable	Remove skin and slice	Leathery	8-24
Zucchini	Vegetable	Slice into ⅛-inch-thick pieces	Crisp	8-18
Beets	Root Vegetable	Blanch, cool, remove tops and roots, slice	Brittle	8-26
Carrots	Root Vegetable	Trim, cut, and steam until tender (3-5 minutes)	Leathery	6-12
Potatoes	Root Vegetable	Slice, dice or cut. Steam or blanch for 8-10 minutes	Brittle	10-14



Jerkies

Cajun Cod Jerky

YIELDS 2 SERVINGS

PREP: 4 hours 10 minutes
DEHYDRATE: 8 hours

1 pound Alaskan cod fillet
1 lemon, juiced
1 teaspoon garlic powder
1 teaspoon paprika
1 teaspoon onion powder
¼ teaspoon cayenne pepper
½ teaspoon black pepper
A pinch salt

1. **CUT** the fish into ¼-inch-thick slices. Set aside.
2. **MIX** the lemon juice, garlic powder, paprika, onion powder, cayenne pepper, black pepper, and salt until well combined.
3. **PLACE** the fish and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 4 hours.
5. **DRAIN** and discard the marinade.
6. **PLACE** the sliced fish evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 145°F for 8 hours, or until done.

Spicy Sriracha Tofu Jerky

YIELDS 2 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

1 pound extra-firm tofu
¼ cup soy sauce
2 tablespoons Sriracha
2 tablespoons honey
1 teaspoon garlic powder

1. **CUT** the tofu into ¼-inch-thick slices. Set aside.
2. **MIX** the soy sauce, Sriracha, honey, and garlic powder until well combined.
3. **PLACE** the tofu and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and discard the marinade.
6. **PLACE** the sliced tofu evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 160°F for 6 hours, or until done.

Beef Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds beef eye of round
½ cup Worcestershire sauce
½ cup soy sauce
1 tablespoon honey
1 teaspoon salt

1. **CUT** the beef across the grain into 5-mm-thick slices.
2. **MIX** the Worcestershire, soy sauce, honey, and salt until well combined.
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and then discard the marinade.
6. **PLACE** the marinated beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 165°F for 6 hours, or until done.

Candied Sweet and Spicy Bacon

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

10 strips bacon
3 tablespoons soy sauce
3 tablespoons brown sugar
2 tablespoons garlic chili sauce
2 teaspoons sesame oil
2 teaspoons mirin

1. **CUT** bacon strips into halves or thirds. Set aside.
2. **COMBINE** all ingredients into a bowl until well mixed.
3. **PLACE** the cut bacon and marinade into a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **PLACE** the bacon evenly between the Cosori Food Dehydrator trays.
6. **DRY** at 165°F for 6 hours, or until done.

Beef Teriyaki Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds beef eye of round
½ cup soy sauce
¼ cup light brown sugar
¼ teaspoon ginger, grated
1 garlic clove, crushed
¼ cup pineapple juice

1. **CUT** the beef across the grain into 5-mm-thick slices.
2. **MIX** the soy sauce, light brown sugar, grated ginger, garlic, and pineapple juice until well combined.
3. **PLACE** the beef and marinade in a sealable plastic bag and mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and then discard the marinade.
6. **PLACE** the marinated beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 165°F for 6 hours, or until done.

Vietnamese Style Beef Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds beef eye of round
3 tablespoons Asian fish sauce
1 tablespoon soy sauce
1 lime, juiced
¼ cup brown sugar

1. **CUT** the beef across the grain into 5-mm-thick slices. Set aside.
2. **MIX** the fish sauce, soy sauce, lime juice, and brown sugar until well combined.
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and discard the marinade.
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 165°F for 6 hours, or until done.

Breakfast Bacon Jerky

YIELDS 4 SERVINGS

PREP: 10 minutes
DEHYDRATE: 6 hours

10 strips applewood smoked bacon
¼ teaspoon dried thyme
¼ teaspoon dried sage
1 teaspoon light brown sugar
1 teaspoon ground fennel seeds
¼ teaspoon crushed red pepper
⅛ teaspoon black pepper
⅛ teaspoon garlic powder
⅛ teaspoon onion powder

1. **CUT** bacon strips into halves or thirds. Set aside.
2. **COMBINE** all seasonings until well combined.
3. **SPRINKLE** the seasoning liberally on each side of the bacon.
4. **PLACE** the bacon evenly between the Cosori Food Dehydrator trays.
5. **DRY** at 165°F for 6 hours, or until done.

Jalapeño Lime Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds beef eye of round
12 jalapeños, seeded
4 limes, juiced
1 cup fresh cilantro
4 green onions, chopped
2 garlic cloves
1 teaspoon salt
1 teaspoon ground cumin
1 teaspoon crushed red pepper
½ teaspoon black pepper

1. **CUT** the beef across the grain into 5-mm-thick slices. Set aside.
2. **BLEND** the jalapeños, lime juice, cilantro, green onions, garlic, salt, cumin, crushed red pepper, and black pepper in a blender or food processor until smooth.
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and discard the marinade.
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 165°F for 6 hours, or until done.

Sriracha Honey Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds beef eye of round
1 cup Sriracha
6 tablespoons honey
4 teaspoons rice wine vinegar
1 teaspoon salt

1. **CUT** the beef across the grain into 5-mm-thick slices.
2. **MIX** the Sriracha, honey, rice wine vinegar, and salt until well combined.
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and discard the marinade.
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 165°F for 6 hours, or until done.

Chipotle Pork Jerky

YIELDS 2 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

1 pound pork tenderloin
1 can (7 ounces) chipotle adobo sauce
1 tablespoon tomato paste
1 teaspoon sugar
1 teaspoon garlic powder
1 teaspoon salt

1. **CUT** the tenderloin into 5-mm-thick slices. Set aside.
2. **BLEND** the chipotle adobo sauce, tomato paste, sugar, garlic powder, and salt together in a blender until smooth.
3. **PLACE** the sliced tenderloin and chipotle marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **PLACE** the sliced pork evenly between the Cosori Food Dehydrator trays.
6. **DRY** at 158°F for 6 hours, or until done.

Carolina Style Pork Jerky

YIELDS 2 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

1 pound pork tenderloin
½ cup ketchup
1 teaspoon smoked paprika
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon chili powder
1 teaspoon ground mustard
½ teaspoon salt
½ teaspoon pepper

1. **CUT** the tenderloin into 5-mm-thick slices. Set aside.
2. **MIX** the ketchup, smoked paprika, garlic powder, onion powder, chili powder, ground mustard, salt, and pepper until well combined.
3. **PLACE** the sliced pork and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and discard the marinade.
6. **PLACE** the sliced pork evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 158°F for 6 hours, or until done.

Beef Bulgogi Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds beef eye of round
4 tablespoons soy sauce
4 tablespoons brown sugar
1 tablespoon sesame oil
1 tablespoon garlic powder
1 teaspoon salt

1. **CUT** the beef across the grain into 5-mm-thick slices.
2. **MIX** the soy sauce, brown sugar, sesame oil, garlic powder, and salt until well combined.
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and then discard the marinade.
6. **PLACE** the marinated beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 165°F for 6 hours, or until done.

Garlic Soy Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds beef eye of round
⅔ cup soy sauce
1 tablespoon Worcestershire sauce
4 teaspoons garlic powder
¼ cup light brown sugar
½ teaspoon salt

1. **CUT** the beef across the grain into 5-mm-thick slices. Set aside.
2. **MIX** the soy sauce, Worcestershire, garlic powder, light brown sugar, and salt until well combined.
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and discard the marinade.
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 165°F for 6 hours, or until done.

Thai Curry Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

1 pound pork tenderloin
3 tablespoons Thai red curry paste
2 tablespoons fish sauce
1 lemongrass stalk, white part only, chopped
1 garlic clove
1 teaspoon brown sugar
2 tablespoons water
¼ teaspoon salt

1. **CUT** the tenderloin into 5-mm-thick slices. Set aside.
2. **BLEND** together the curry paste, fish sauce, lemongrass, garlic, brown sugar, water, and salt in a blender or food processor until smooth.
3. **PLACE** the sliced tenderloin and Thai marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **PLACE** the sliced pork evenly between the Cosori Food Dehydrator trays.
6. **DRY** at 158°F for 6 hours, or until done.

Smoky Maple Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds beef eye of round
½ cup maple syrup
¼ cup soy sauce
1 teaspoon liquid smoke
1 teaspoon garlic powder
1 teaspoon onion powder
½ teaspoon salt
¼ teaspoon black pepper

1. **CUT** the beef across the grain into 5-mm-thick slices. Set aside.
2. **MIX** the maple syrup, soy sauce, liquid smoke, garlic powder, onion powder, salt, and black pepper until well combined.
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and then discard the marinade.
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 165°F for 6 hours, or until done.

Jamaican Jerk Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds top round beef
½ cup fresh lime juice
¼ cup distilled white vinegar
2 tablespoons dark brown sugar
2 teaspoons ground black pepper
2 teaspoons salt
2 teaspoons onion powder
2 teaspoons dried thyme
2 teaspoons ginger, grated
1 teaspoon ground allspice
1 teaspoon cayenne pepper
½ teaspoon ground cinnamon
½ teaspoon smoke paprika
4 garlic cloves, grated

1. **CUT** the beef across the grain into 5-mm-thick slices. Set aside.
2. **MIX** all of the ingredients until well combined.
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and then discard the marinade.
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 165°F for 6 hours, or until done.

Balsamic Mustard Beef Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds beef eye of round
1 cup balsamic vinegar
2 tablespoons olive oil
1 tablespoon Dijon mustard
2 garlic cloves, crushed
1 teaspoon salt

1. **CUT** the beef across the grain into 5-mm-thick slices.
2. **MIX** the balsamic vinegar, olive oil, Dijon mustard, garlic, and salt until well combined.
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and then discard the marinade.
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 165°F for 6 hours, or until done.

Buffalo Beef Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds beef eye of round
1 cup buffalo wing sauce
1 teaspoon salt

1. **CUT** the beef across the grain into 5-mm-thick slices.
2. **MIX** the buffalo wing sauce and salt until well combined.
3. **PLACE** the beef and the marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and then discard the marinade.
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 165°F for 6 hours, or until done.

Brazilian BBQ Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds top round beef
2 teaspoons ground cumin
2 teaspoons dried oregano
1 teaspoon onion powder
1 teaspoon ground coriander
1 teaspoon salt
1 teaspoon black pepper
4 garlic cloves, grated
½ cup lime juice
½ cup olive oil
1 teaspoon crushed red pepper

1. **CUT** the beef across the grain into 5-mm-thick slices. Set aside.
2. **MIX** the cumin, oregano, onion powder, coriander, salt, black pepper, garlic, lime juice, olive oil, and crushed red pepper until well combined.
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and discard the marinade.
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 165°F for 6 hours, or until done.

Sweet Heat Jerky

YIELDS 2 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds beef eye of round
½ cup soy sauce
¼ cup Worcestershire sauce
¼ cup ketchup
4 teaspoons Dijon mustard
6 tablespoons light brown sugar
4 teaspoons smoked paprika
1 tablespoon chile powder
1 tablespoon cayenne pepper
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon salt

1. **CUT** the beef across the grain into 5-mm-thick slices. Set aside.
2. **MIX** the soy sauce, Worcestershire, ketchup, mustard, brown sugar, smoked paprika, chile powder, cayenne pepper, garlic powder, onion powder, and salt until well combined.
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and discard the marinade.
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 165°F for 6 hours, or until done.

Peppered Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

2 pounds top round beef
½ cup soy sauce
¼ cup Worcestershire sauce
2½ teaspoons black pepper
¼ teaspoon white pepper

1. **CUT** the beef across the grain into 5-mm-thick slices. Set aside.
2. **MIX** the soy sauce, Worcestershire, black pepper, and white pepper until well combined.
3. **PLACE** the beef and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and discard the marinade.
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 165°F for 6 hours, or until done.

Sweet and Sour Pork Jerky

YIELDS 4 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

1 pound pork tenderloin
2 tablespoons fish sauce
¼ cup lime juice
¼ cup light brown sugar
1 medium shallot, grated
2 garlic cloves, grated
½ teaspoon black pepper
¼ teaspoon salt

1. **CUT** the tenderloin into 5-mm-thick slices. Set aside.
2. **MIX** the fish sauce, lime juice, brown sugar, shallot, garlic, black pepper, and salt until well combined.
3. **PLACE** the sliced pork and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and then discard the marinade.
6. **PLACE** the sliced beef evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 158°F for 6 hours, or until done.

Garlic Herb Tofu Jerky

YIELDS 2 SERVINGS

PREP: 12 hours 10 minutes
DEHYDRATE: 6 hours

1 pound extra-firm tofu
¼ cup balsamic vinegar
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon dried basil
1 teaspoon dried oregano
½ teaspoon crushed red pepper
½ teaspoon salt

1. **CUT** the tofu into ¼-inch-thick slices. Set aside.
2. **MIX** the balsamic vinegar, garlic powder, onion powder, basil, oregano, crushed red pepper, and salt until well combined.
3. **PLACE** the tofu and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 12 hours or overnight.
5. **DRAIN** and discard the marinade.
6. **PLACE** the sliced tofu evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 160°F for 6 hours, or until done.

Lemon Dill Fish Jerky

YIELDS 2 SERVINGS

PREP: 4 hours 5 minutes
DEHYDRATE: 8 hours

1 pound Alaskan cod fillet
1 lemon, juiced
1 teaspoon lemon zest
2 tablespoons olive oil
1 teaspoon dill
1 garlic clove, minced
A pinch salt

1. **CUT** the fish into ¼-inch-thick slices. Set aside.
2. **MIX** the lemon juice, lemon zest, olive oil, dill, garlic, and salt until well combined.
3. **PLACE** the fish and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 4 hours.
5. **DRAIN** and discard the marinade.
6. **PLACE** the sliced fish evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 145°F for 8 hours, or until done.

Dehydrated Egg Yolks

YIELDS 6 SERVINGS

PREP: 96 hours
DEHYDRATE: 3 hours

1¼ cups sugar
1¾ cups kosher salt
6 egg yolks

1. **MIX** the sugar and salt in a bowl until well combined.
2. **SPREAD** half of the salt and sugar mixture onto a 6x6-inch baking tray.
3. **MAKE** 6 indentations using the back of a tablespoon or measuring utensil. Place 1 egg yolk into each indent, then cover egg yolks using the rest of the salt and sugar mixture.
4. **WRAP** the baking tray tightly in plastic wrap and chill in fridge for 3 to 4 days.
5. **REMOVE** the egg yolks from the salt cure carefully and dunk them in a bowl of water.
6. **GENTLY** brush off excess salt and sugar.
7. **PLACE** the egg yolks evenly between the Cosori Food Dehydrator trays.
8. **DRY** at 140°F for 3 hours.
9. **KEEP** in an airtight container or use them immediately to grate over pasta or vegetables.

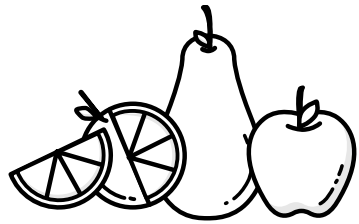
Smoked Salmon Jerky

YIELDS 2 SERVINGS

PREP: 4 hours 10 minutes
DEHYDRATE: 8 hours

1¼ pounds salmon
½ cup soy sauce
1 tablespoon molasses
1 tablespoon lemon juice, freshly squeezed
2 teaspoons freshly ground black pepper
1 teaspoon liquid smoke

1. **CUT** the fish into ¼-inch-thick slices. Set aside.
2. **MIX** the soy sauce, molasses, lemon juice, black pepper, and liquid smoke until well combined.
3. **PLACE** the salmon and marinade in a sealable plastic bag. Mix well.
4. **MARINATE** in the fridge for 4 hours.
5. **DRAIN** and discard the marinade.
6. **PLACE** the sliced salmon evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 145°F for 8 hours, or until done.



Fruits

Honey Bourbon Peaches

YIELDS 1 SERVING

PREP: 4 hours 10 minutes
DEHYDRATE: 16 hours

1 peach, peeled & cored
¼ cup hot water
¼ cup honey
3 tablespoons bourbon

1. **SLICE** the peaches ½-inch-thick and place in a sealable plastic bag.
2. **MIX** together the hot water and honey until the honey dissolves. Then add the bourbon.
3. **ADD** the honey bourbon mixture to the peaches and marinate for 4 hours.
4. **PLACE** the sliced peaches evenly between the Cosori Food Dehydrator trays.
5. **DRY** at 145°F for 12 to 16 hours, or until done.

Raspberry Tuile

YIELDS 4 SERVINGS

PREP: 10 minutes
DEHYDRATE: 5 hours

1½ pounds raspberries
2 tablespoons white sugar

1. **BLEND** the raspberries and sugar in a blender on low speed until smooth.
2. **STRAIN** the fruit mix to get rid of the seeds.
3. **POUR** back into the blender and blend on high speed until liquified.
4. **POUR** the puréed fruit onto the parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the purée left over.
5. **DRY** at 165°F for 3 to 5 hours, or until done.

Blackberry Tuile

YIELDS 4 SERVINGS

PREP: 10 minutes
DEHYDRATE: 5 hours

1½ pounds blackberries
2 tablespoons white sugar

1. **BLEND** the blackberries and sugar in a blender on low speed until smooth.
2. **STRAIN** the fruit mix to get rid of the seeds.
3. **POUR** back into the blender and blend on high speed until liquified.
4. **POUR** the puréed fruit onto the parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the purée left over.
5. **DRY** at 165°F for 3 to 5 hours, or until done.

Apricot and Peach Fruit Leather

YIELDS 4 SERVINGS

PREP: 20 minutes
DEHYDRATE: 12 hours

3 apricots, peeled & seeded
3 peaches, peeled & seeded
1 tablespoon sugar

1. **ADD** the apricots, peaches, and sugar to a saucepot.
2. **COOK** the apricots and peaches on the stove at medium-low heat for 10 to 15 minutes, until they have softened.
3. **BLEND** with an immersion blender. If you use a regular blender instead, blend the fruits on low speed and gradually increase to high.
4. **POUR** the puréed fruit onto the parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the purée left over.
5. **DRY** at 165°F for 8 to 12 hours, or until done.
6. **REMOVE** the fruit leather carefully from the parchment paper after 6 hours.
7. **PLACE** the solidified fruit leather directly onto the tray and dry for the remaining time.

Spiced Apple Chips

YIELDS 4 SERVINGS

PREP: 10 minutes
DEHYDRATE: 12 hours

2 red apples
½ lemon, juiced
1 tablespoon white sugar
1 teaspoon ground cinnamon
¼ teaspoon nutmeg
½ teaspoon vanilla extract

1. **PEEL AND CORE** the apples, then slice into ¼-inch-thick slices.
2. **MIX** together the lemon juice, sugar, cinnamon, nutmeg, vanilla extract, and sliced apples until apples are evenly coated.
3. **PLACE** the apple slices evenly between the Cosori Food Dehydrator trays.
4. **DRY** at 145°F for 6 to 12 hours, or until done.

Grape and Plum Fruit Leather

YIELDS 4 SERVINGS

PREP: 20 minutes
DEHYDRATE: 12 hours

5 plums, cored & seeded
1 bunch red grapes, seedless
2 tablespoons sugar

1. **ADD** the plums, grapes, and sugar to a saucepot.
2. **COOK** the plums and grapes on the stove at medium-low heat for 10 to 15 minutes, until the plums and grapes have softened.
3. **BLEND** with an immersion blender. If you use a regular blender instead, blend the fruits on low speed and gradually increase to high.
4. **POUR** the puréed fruit onto the parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the purée left over.
5. **DRY** at 165°F for 8 to 12 hours, or until done.
6. **REMOVE** the fruit leather carefully from the parchment paper after 6 hours.
7. **PLACE** the solidified fruit leather directly onto the tray and dry for the remaining time.

Red Berry Fruit Leather

YIELDS 4 SERVINGS

PREP: 10 minutes
DEHYDRATE: 12 hours

1 pound strawberries
½ cup raspberries
1 teaspoon vanilla extract

1. **BLEND** all the ingredients together in a blender on low speed until smooth.
2. **STRAIN** the fruit mix to get rid of the seeds.
3. **POUR** back into the blender and blend on high speed until liquified.
4. **POUR** the puréed fruit onto the parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the purée left over.
5. **DRY** at 165°F for 8 to 12 hours, or until done.

Black & Blue Berry Fruit Leather

YIELDS 4 SERVINGS

PREP: 10 minutes
DEHYDRATE: 12 hours

1 pound blueberries
½ cup blackberries

1. **BLEND** the berries together in a blender on low speed until smooth.
2. **STRAIN** the fruit mix to get rid of the seeds.
3. **POUR** back into the blender and blend on high speed until liquified.
4. **POUR** the puréed fruit onto the parchment-lined fruit roll sheet on the Cosori Food Dehydrator. You may have some of the purée left over.
5. **DRY** at 165°F for 8 to 12 hours, or until done.

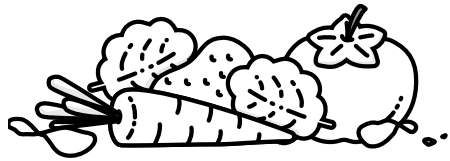
Chocolate Covered Bananas

YIELDS 2 SERVINGS

PREP: 10 minutes
DEHYDRATE: 16 hours

1 banana, thinly sliced
4 ounces bittersweet chocolate
Sea salt, for sprinkling

1. **PLACE** the sliced bananas evenly between the Cosori Food Dehydrator trays.
2. **DRY** at 145°F for 12 to 16 hours, or until done.
3. **MELT** the chocolate in a microwave safe bowl in 30 second intervals. Mix between every interval, until chocolate is completely melted.
4. **DIP AND COAT** the dehydrated bananas slices in the melted chocolate.
5. **SPRINKLE** the chocolate covered bananas with sea salt and allow to cool and harden.



Snacks

Zucchini Chips

YIELDS 4 SERVINGS

PREP: 10 minutes
DEHYDRATE: 12 hours

2 zucchini
1 tablespoon olive oil
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon paprika
½ teaspoon black pepper
½ teaspoon salt

1. **SLICE** the zucchini into ¼-inch-thick slices.
2. **COMBINE** all ingredients together with the zucchini in a bowl and mix well.
3. **PLACE** the zucchini slices evenly between the Cosori Food Dehydrator trays.
4. **DRY** at 165°F for 12 hours, or until done.

Shawarma Kale Chips

YIELDS 4 SERVINGS

PREP: 5 minutes
DEHYDRATE: 13 hours

4 ounces kale, chopped
2 teaspoons olive oil
1 teaspoon cumin
½ teaspoon garlic powder
½ teaspoon cinnamon
½ teaspoon ground coriander
½ teaspoon smoked paprika
½ teaspoon salt
¼ teaspoon ground cardamom

1. **COMBINE** all ingredients in a bowl and mix well.
2. **PLACE** the kale evenly between the Cosori Food Dehydrator trays.
3. **DRY** at 135°F for 12 to 13 hours, or until done.
4. **STORE** in an airtight container for up to 1 week.

Ranch Carrot Chips

YIELDS 6 SERVINGS

PREP: 8 minutes
DEHYDRATE: 12 hours

3 large carrots, peeled
1½ tablespoons water
1 packet ranch dressing seasoning

1. **PEEL** the carrots into ribbons using a vegetable peeler and place the carrot ribbons into a large bowl.
2. **TOSS** the carrots with the water and ranch dressing seasoning.
3. **PLACE** the carrots evenly between the Cosori Food Dehydrator trays.
4. **DRY** at 145°F for 8 to 12 hours, or until done.

Garlic Kale Chips

YIELDS 4 SERVINGS

PREP: 5 minutes
DEHYDRATE: 13 hours

4 ounces kale, chopped
2 teaspoons olive oil
2 teaspoons garlic powder
1 tablespoon Parmesan, grated
½ teaspoon salt

1. **COMBINE** all ingredients in a bowl and mix well.
2. **PLACE** the chopped kale evenly between the Cosori Food Dehydrator trays.
3. **DRY** at 125°F for 12 to 13 hours, or until done.
4. **STORE** in an airtight container for up to 1 week.

Dehydrated Potato Chips

YIELDS 2 SERVINGS

PREP: 40 minutes
DEHYDRATE: 10 hours

1 large russet potato, peeled
4 cups boiling water
1 teaspoon lemon juice
Nonstick cooking spray
¼ teaspoon salt

1. **SLICE** the peeled potatoes on a mandolin into 1-mm-thick slices.
2. **ADD** the slices to a large bowl with the hot water and lemon juice.
3. **SOAK** the potato slices in the mixture for 30 minutes.
4. **REMOVE** the potato slices and pat dry with a paper towel.
5. **SPRAY** the potato slices lightly with nonstick cooking spray and sprinkle salt on them.
6. **PLACE** the potatoes evenly between the Cosori Food Dehydrator trays.
7. **DRY** at 160°F for 10 hours, or until crispy.

Sweet and Spicy Almonds

YIELDS 2 SERVINGS

PREP: 8 hours 5 minutes
DEHYDRATE: 24 hours

½ pound raw almonds
4 cups water
1¾ teaspoons salt
1 tablespoon white sugar
½ teaspoon cayenne pepper
⅛ teaspoon black pepper

1. **SOAK** the almonds in the water and 1 teaspoon of salt for 8 hours.
2. **STRAIN** the nuts and pat dry.
3. **TOSS** the nuts in the remaining salt, sugar, cayenne pepper, and black pepper until the nuts are evenly coated.
4. **SPREAD** the nuts evenly on the Cosori Food Dehydrator trays.
5. **DRY** at 150°F for 24 hours, or until done.

Raw Corn Chips

YIELDS 4 SERVINGS

PREP: 15 minutes
DEHYDRATE: 12 hours

2 ears corn, husked
¾ cup golden flaxseed
¼ cup water
1 teaspoon salt
¼ teaspoon garlic powder

1. **CUT** the kernels from the ears of corn.
2. **ADD** the corn kernels, flaxseed, water, salt, and garlic powder to a food processor and purée until smooth.
3. **CUT** 2 pieces of parchment paper so that they match the size of the Cosori Food Dehydrator trays.
4. **SPREAD** the batter over the parchment-lined trays to ⅛-inch thickness.
5. **DRY** at 165°F for 8 to 12 hours, or until crispy.
6. **REMOVE** the cracker carefully from the parchment paper after 6 hours.
7. **PLACE** the crackers directly onto the tray and dry for the remaining time.

Seed Crackers

YIELDS 4 SERVINGS

PREP: 5 minutes
DEHYDRATE: 12 hours

¼ cup flaxseed
¼ cup chia seeds
1 cup pumpkin seeds
½ cup sesame seeds
1 teaspoon salt
½ teaspoon garlic powder
½ teaspoon onion powder
¼ teaspoon cayenne pepper
¼ teaspoon black pepper
1 cup water

1. **MIX** all of the ingredients in a large bowl.
2. **ALLOW** the the seeds to absorb the water, about 3 minutes.
3. **CUT** 2 pieces of parchment paper so that they match the size of the Cosori Food Dehydrator trays.
4. **SPREAD** the batter over the parchment-lined trays to ⅛-inch thickness.
5. **DRY** at 165°F for 8 to 12 hours, or until crispy.
6. **REMOVE** the cracker carefully from the parchment paper after 6 hours.
7. **PLACE** the crackers directly onto the tray and dry for the remaining time.

Green Onion Garlic Crackers

YIELDS 4 SERVINGS

PREP: 15 minutes
DEHYDRATE: 12 hours

1 tablespoon olive oil
5 scallions, root ends cut off & discarded
2 garlic cloves
1 cup water
1 teaspoon salt
¼ teaspoon black pepper
2 cups flaxseed

1. **HEAT** a frying pan on the stove on medium-heat for 5 minutes.
2. **ADD** the olive oil and allow to heat up for 15 seconds, then add the scallions and garlic cloves.
3. **COOK** the garlic until lightly brown. Remove and set aside.
4. **COOK** the scallions on each side until brown, about 5 minutes. Set aside.
5. **BLEND** the garlic, scallions, water, salt, and pepper until smooth.
6. **ADD** the flaxseed to the blended mixture. Set aside.
7. **CUT** 2 pieces of parchment paper so that it fits the size of the Cosori Food Dehydrator trays.
8. **SPREAD** the batter over the parchment-lined trays to ⅛-inch thickness.
9. **DRY** at 165°F for 8 to 12 hours, or until crispy.
10. **REMOVE** the cracker carefully from the parchment paper after 6 hours.
11. **PLACE** the crackers directly onto the tray and dry for the remaining time.



Sweets

Oatmeal Raisin Cookies

YIELDS 12-16 COOKIES

PREP: 15 minutes
DEHYDRATE: 12 hours

1 cup quick rolled oats
1 cup raw pecans
¾ cup raisins
¼ cup pumpkin seeds
¼ cup maple syrup
2 tablespoons coconut oil
½ teaspoon ground cinnamon
¼ teaspoon ground ginger
¼ teaspoon ground allspice
¼ teaspoon ground clove
A pinch salt

1. **PUT** all the ingredients in a food processor and blend until combined.
2. **FORM** the dough into tablespoon-sized balls, then place on parchment paper.
3. **PLACE** another sheet of parchment paper on top and flatten to ¼-inch thickness.
4. **REMOVE** cookies from the double parchment paper, then place onto parchment-lined Cosori Food Dehydrator trays.
5. **DRY** at 160°F for 12 hours, or until done.
6. **REMOVE** the cookies carefully from the parchment paper after 8 hours.
7. **PLACE** the cookies directly onto the tray and dry for the remaining time.
8. **STORE** cookies in an airtight container or serve immediately.

Almond Cookies with Chocolate

YIELDS 10-12 COOKIES

PREP: 15 minutes
DEHYDRATE: 12 hours

1 cup almond butter
1 cup shredded coconut
½ cup pistachios
½ cup dark chocolate chips

1. **ADD** all the ingredients into a food processor and blend until well combined.
2. **FORM** the dough into tablespoon-sized balls, then place on parchment paper.
3. **PLACE** another sheet of parchment paper on top and flatten to ¼-inch thickness.
4. **REMOVE** cookies from the double parchment paper, then place onto parchment-lined Cosori Food Dehydrator trays.
5. **DRY** at 160°F for 12 hours, or until done.
6. **REMOVE** the cookies carefully from the parchment paper after 8 hours.
7. **PLACE** the cookies directly onto the tray and dry for the remaining time.
8. **STORE** cookies in airtight container or serve immediately.

Almond Craisins Cookies

YIELDS 12-16 COOKIES

PREP: 15 minutes
DEHYDRATE: 12 hours

1 cup almond butter
1 cup shredded coconut flakes
½ cup walnuts, chopped
½ cup craisins

1. **ADD** all the ingredients into a food processor and blend until well combined.
2. **FORM** the dough into tablespoon-sized balls, then place on parchment paper.
3. **PLACE** another sheet of parchment paper on top and flatten to ¼-inch thickness.
4. **REMOVE** cookies from the double parchment paper, then place onto parchment-lined Cosori Food Dehydrator trays.
5. **DRY** at 160°F for 12 hours, or until done.
6. **REMOVE** the cookies carefully from the parchment paper after 8 hours.
7. **PLACE** the cookies directly onto the tray and dry for the remaining time.
8. **STORE** cookies in airtight container or serve immediately.

Chocolate Cashew Cookies

YIELDS 12-16 COOKIES

PREP: 15 minutes
DEHYDRATE: 12 hours

2 cups unsalted cashews
½ cup cocoa powder
¼ cup maple syrup
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
1 teaspoon vanilla extract
½ teaspoon kosher salt

1. **ADD** all ingredients into a food processor and blend until well combined. It is okay if there are small chunks of cashews.
2. **FORM** the dough into tablespoon-sized balls, then place on parchment paper.
3. **PLACE** another sheet of parchment paper on top and flatten to ¼-inch thickness.
4. **REMOVE** cookies from the double parchment paper, then place onto parchment-lined Cosori Food Dehydrator trays.
5. **DRY** at 160°F for 12 hours, or until done.
6. **REMOVE** the cookies carefully from the parchment paper after 8 hours.
7. **PLACE** the cookies directly onto the tray and dry for the remaining time.
8. **STORE** cookies in airtight container or serve immediately.

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