



Dehydration *with* **RIMMELSBACHER**

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ROMMELSBACHER

The dehydrator specialist

A WIDE RANGE OF OPTIONS



Dehydrator
DA 350



Dehydrator
DA 650



Dehydrator
DA 1050



Mini Dehydrator
DA 450



Dehydrator
DA 950



APPLE & PEAR *Rings*

INGREDIENTS

ripe apples and pears

PREPARATION

- 1 Wash and peel the fruits, then remove the core (using an apple corer).
- 2 Cut the prepared apples/pears into slices (rings) about 3–7 mm thick.
- 3 Dry at a temperature of 55–60 °C for 5–9 hours (*).
- 4 During the drying time, check several times by looking and feeling.
If you prefer crispy chips, dry them longer.

TIP

If you dip the rings in lemon water, you can prevent them from turning brown.

If you would like to enjoy the fruit rings without soaking them as snacks (or prepare them as light hiking provisions), do not dry them too much so that they remain easy to chew and not too brittle.

(*) Drying times depend greatly on the type, moisture content, ripeness, and thickness of the food being dried, as well as on the temperature and humidity of the room air. The number of loaded drying trays also plays a role. Therefore, drying times should only be considered as guidelines and may vary significantly. When in doubt, choose a shorter drying time and, toward the end, check several times by sight and touch.

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CRUNCHY MUESLI *Granola*

INGREDIENTS

- 6 dates
- 80 g mixed nuts
- 100 g mixed dried fruit
- 1 handful of cranberries
- 200 g rolled oats
- 30 g puffed quinoa
- 30 g ground flaxseed
- 2 tbsp honey
- 2 tbsp liquid coconut oil
- 1 tsp cinnamon

PREPARATION

- 1 Coarsely chop the dates, the mixed nuts and dried fruit, and the cranberries in a Table blender or multi chopper.
- 2 Place all the remaining ingredients in a large bowl.
- 3 Add the cinnamon, coconut oil, and liquid honey and mix everything well.
- 4 Line two dehydrator trays with baking paper and spread the mixture evenly on top.
- 5 Set the dehydrator to 70 °C and the timer to 8 hours.
- 6 After the time has elapsed, remove the trays and allow the granola to cool completely before transferring it to a storage container.

TIP

Depending on the season and personal taste, the selection of nuts, spices, seeds, and dried fruits can be varied as desired.

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MUESLI *Muffins*

INGREDIENTS

6 dates
80 g mixed nuts
100 g mixed dried fruit
1 handful of cranberries
200 g rolled oats
30 g puffed quinoa
30 g ground flaxseed
3 tbsp honey
Silicone mold for
the bars

PREPARATION

- 1 Blend the dates and the mixed nuts in a table blender or multi chopper until you get a fine paste. If you prefer larger nut pieces, add the nuts only in the second step.
- 2 Add the mixed dried fruit and cranberries and pulse very briefly, so they stay quite coarse.
- 3 Put all the remaining ingredients into a large bowl.
- 4 Add the honey and the nut/fruit mixture from the blender.
- 5 Using a large spoon, fold everything together well. *(You can also use your hands – but it's best to wear a rubber glove, as the mixture is very sticky.)*
- 6 Spread the mixture into the silicone mold and press it down firmly. This works well with the back of a large spoon, which you can dip into water from time to time so it doesn't stick as much.
- 7 Place the silicone mold on a dehydrator tray. Set the dehydrator to 70 °C and choose a drying time of 4 hours.
- 8 After the time has elapsed, remove the tray together with the silicone mold and allow it to cool completely.

TIP

The selection of nuts, spices, seeds, and dried fruits can be varied as desired, depending on the season and personal taste.

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BEEF *Jerky*

Dried meat is a protein-rich snack that is also popular as trekking food. However, meat is also dried for space-saving storage. Beef jerky is a savory dried meat that is marinated in spices or a seasoning mixture before drying. For this reason, a little extra time should be allowed for preparation.

INGREDIENTS

1 kg lean meat
(e.g. beef roulades)

FOR THE MARINADE

150 ml Worcestershire
sauce
250 ml soy sauce
1/2 tsp salt (smoked
salt if desired)
2 tsp pepper
3 tbsp ketchup
3 tsp dried oregano
garlic

PRE-WORK (the day before)

- 1 First, prepare the marinade by mixing all the ingredients together.
- 2 Cut the meat into strips about 1 cm thick.
- 3 Place the meat strips in the marinade and let them marinate for about 8–12 hours (or overnight).

PREPARATION

- 1 Remove the meat from the marinade and pat it dry lightly.
- 2 Place the strips next to each other on the dehydrator tray. They should not overlap.
- 3 Set the dehydrator temperature to 40–50 °C.
- 4 After about 7–9 hours, the beef jerky will be ready. Check it occasionally by touch and, if necessary, turn the meat strips halfway through the drying time.

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DA 350







DOG *Treats*

INGREDIENTS

800 g ground chicken
or turkey
100 g ground flaxseed
100 g fine (quick) oats
(optional: 1 egg)

PREPARATION

- 1 Place all the ingredients in a bowl and mix well. No additional liquid should be needed. If the mixture is too dry, add an egg if necessary and knead it in thoroughly.
- 2 Divide the mixture between two sheets of baking paper and spread it thinly by hand or with a rolling pin.
- 3 Then transfer each sheet together with the baking paper onto a metal dehydrator tray (rack).
- 4 Set the dehydrator to 70 °C and let it run for 10 hours.
- 5 It is best to turn the meat mixture once halfway through the drying time.
- 6 After the drying program has finished, allow the dog treats to cool completely.
- 7 Then tear or cut them into pieces; choose the size according to your dog.
- 8 Finally, pack the treats and store them in a cool, dry place.

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DRIED *Beeries*

INGREDIENTS

Blueberries
Raspberries
Blackberries
Cranberries
etc.

PRE-WORK

- 1 Cut smaller berries such as blueberries and raspberries in half and place them on the dehydrator tray with the cut side facing up. This allows the warm air to reach the inside of the berries.
 - 2 Cut strawberries into slices (either crosswise or lengthwise) and place them next to each other on the dehydrator tray.
- » You can find more about drying strawberries in the recipe on page 26.

PREPARATION

- 1 For berries, choose a temperature setting of 65 °C.
- 2 Raspberries and blackberries need about 12–13 hours.
- 3 Blueberries need approximately 7 hours.
- 4 We recommend turning the berries halfway through the drying time.

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DRIED *Herbs*

Leafy garden herbs such as parsley, tarragon, basil, oregano, marjoram, thyme, and chives can easily be dried for kitchen storage.

Wild herbs such as nettle, wild garlic, garlic mustard, dandelion, and sorrel are also popular ingredients for homemade herb and spice blends.

INGREDIENTS

Fresh garden herbs
Fresh wild herbs

PRE-WORK

- 1 Wash the herbs carefully and let them drain. If necessary, gently pat them dry with a soft cloth.
 - 2 Remove the leaves from the stems and, if needed, chop them roughly.
-

PREPARATION

- 1 Due to their delicate structure, herbs must be dried particularly gently and not at too high a temperature. We recommend a temperature of about 40 °C.
- 2 If a very strong smell develops, the temperature setting is too high. In that case, reduce the temperature.
- 3 Leafy herbs can be loosened occasionally during drying to prevent them from sticking together.
- 4 After about 2–4 hours (depending on the type and moisture content of the herb), the herbs will be completely dry.
- 5 Allow them to cool thoroughly. Then fill them into airtight containers (preferably dark ones).
- 6 For seasoning in the kitchen, crumble the dried herbs directly while cooking.
- 7 To make spice blends, grind different dried herbs in small quantities and mix them together.
- 8 To prepare **herb salt**, combine the ground herbs with salt and store in an airtight container.



CITRUS *Decorations*

For more sustainability when decorating and gift-giving, you're right on trend by turning to natural materials. Whether it's beautiful branches and wild berries from your last autumn walk or driftwood from the beach – collected treasures from nature can bring a great deal of coziness into your home. Christmas decorations made from dried fruit are also a sustainable choice. They create a festive atmosphere and, at the end of the season, can be composted in an environmentally friendly way.

INGREDIENTS

Various citrus fruits
such as oranges,
blood oranges,
mandarins, and
lemons

For decoration

red berries (or beads)
cinnamon sticks
star anise
parcel string
craft wire (silver wire)

PREPARATION

Drying Citrus Fruits

- 1 Cut the citrus fruits into slices 5–7 mm thick.
- 2 Place them in the dehydrator and dry at a temperature of 55–60 °C for 5–9 hours.
- 3 During the drying time, check several times by sight and touch.
- 4 Make sure the slices do not become too dark. With very sweet fruits, the sugar may caramelize due to the heat.
- 5 Let them cool, then use them for crafting.

Citrus Decoration

- 1 Tie the dried fruit together with parcel string to create garlands or chains and decorate them with cinnamon sticks, red berries, and star anise.
- 2 Alternatively, wrap individual citrus slices with silver wire, incorporating the spices as decorative elements. Use parcel string as a hanger.
- 3 Minimal effort – great effect!

STRAWBERRY & RHUBARB

Chips

We dried both the strawberry and rhubarb chips until they were really crispy. This way, they become a delicious, crunchy snack that is also popular with children. Snacking – but healthy! Rhubarb dried in this way can also be arranged beautifully for decorative purposes. It's an eye-catcher on any buffet and a great decorative idea for desserts and cakes.

INGREDIENTS

Rhubarb
Strawberry

PRE-WORK

Strawberry

- 1 Slice the strawberries with a knife. Do not cut them too thin, as the fruit loses a lot of volume during drying. If you slice the strawberries crosswise, they will turn into rings with a hole in the middle. If you cut them lengthwise, you will get heart-shaped chips.

Rhubarb

- 1 Using a vegetable peeler, cut the fresh rhubarb into thin strips.
 - 2 Prepare a sugar syrup by bringing 200 ml of water and 125 g of sugar to a boil.
 - 3 Pour the hot sugar syrup over the rhubarb strips and let them steep for about 4 minutes.
 - 4 Remove the strips, place them on a kitchen towel, and gently pat them dry.
 - 5 Only then place the strips in the dehydrator.
-

PREPARATION

- 1 When placing the strawberry slices or rhubarb strips into the dehydrator, arrange them next to each other without overlapping.
- 2 Dry at 50–60 °C for 4–6 hours.
- 3 The drying time depends on the thickness of the slices/strips as well as on the variety and moisture content of the fruit. Therefore, check occasionally by touch and stop the drying process early if the chips are already crispy. Alternatively, extend the drying time if they are still chewy.
- 4 Allow them to cool completely, then store in an airtight container.



TIP

Dried strawberries can also be finely ground, and the aromatic pink powder can be mixed into muesli, quark, or yogurt. You can even use it to make a strawberry fizz. See page 26.





TOMATO-PARMESAN

Chips

We recommend using firm tomato varieties (e.g. San Marzano or similar plum tomatoes), as they have a higher proportion of flesh and less liquid. The more moisture the tomatoes contain, the longer the drying process will take.

INGREDIENTS

Tomatoes, firm variety
Parmesan, grated

PREPARATION

- 1 Wash the tomatoes, pat them dry, and remove the stem base.
 - 2 Slice them, preferably using a sharp mandoline so the slices are nice and even. Thickness: about 0.5–0.7 cm.
 - 3 Place a sheet of baking paper on the dehydrator tray and arrange the tomato slices next to each other.
 - 4 Switch on the dehydrator and dry the tomatoes. However, do not dry them until they are crispy – let them dry slightly beyond the soft stage.
 - 5 Once the drying process is complete, transfer the tomatoes together with the baking paper onto a baking tray and sprinkle them evenly with grated Parmesan. Be careful not to use too much, otherwise the result may taste very salty.
 - 6 Preheat the oven to 180 °C and bake the tomatoes until the cheese has melted and lightly browned. About 10 minutes is usually sufficient. Open the oven door occasionally to allow the moisture to escape.
 - 7 As soon as the cheese is nicely gratinated and the tomatoes are fully dried, switch off the oven and remove the tray.
-

TIP

Only remove the tomato chips from the baking paper once the cheese has cooled. Store the cooled chips in an airtight container.

STRAWBERRY

Fizz powder

INGREDIENTS

- 1 kg fresh strawberries
- 80 g sugar
- 30 g baking soda
- 20 g citric acid

PREPARATION

- 1 Wash the strawberries, pat them dry, and remove the green tops.
- 2 Cut them into slices about 4–5 mm thick and spread them out on the dehydrator trays. Make sure the slices do not overlap.
- 3 Dry the strawberries in the dehydrator for 4–5 hours. If a temperature setting is available, set it to 70–75 °C.
- 4 Only remove the strawberries once they are nicely crisp and no residual moisture remains.
- 5 Then grind the dried strawberries in two batches in a spice grinder until you obtain a fine powder.
- 6 Place the strawberry powder together with the remaining ingredients into a large screw-top jar, close it tightly, and shake well. Your lemonade base is ready.
- 7 To prepare the drink, simply add a few teaspoons of the mixture to a glass and top up with cold water. Of course, you can also enjoy the powder on its own as a treat!

TIP

To prevent the fizzy powder from absorbing moisture, it is best stored in an airtight container.

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FRUIT *Leather*

INGREDIENTS

fresh, ripe fruit,
a little honey or sugar
beet syrup

PREPARATION

- 1 Peel the fruit, remove the cores and cut it into large pieces. This way, it can easily be blended in a stand mixer or with a hand blender into a smooth, fine fruit purée.
- 2 If you are using fruit with small seeds (e.g. raspberries), you can remove them before further processing by pressing the purée through a sieve.
- 3 Depending on the type of fruit and the combination used, the fruit purée may taste slightly tart. In this case, stir in a little honey or another sweetener.
- 4 The fruit purée is now ready for the dehydrator. The surface used to spread the purée must be non-permeable. Therefore, use either flat plastic dehydrator sheets or cut pieces of baking parchment to fit the size of the dehydrator trays. Baking parchment also has the advantage that the finished product can be removed more easily from the surface at the end.
- 5 Spread the fruit mixture about 0.5–0.7 cm thick onto the prepared dehydrator trays.
- 6 Let it dry for 4–8 hours at a temperature setting of 60°C. Towards the end, do a touch test; the fruit mixture should still be slightly chewy.
- 7 Allow the fruit leather to cool, then carefully remove it from the dehydrator. Roll it up into a log and cut it into pieces.
- 8 For storage, place the fruit leather in an airtight container, adding strips of baking parchment between the layers if necessary. This prevents them from sticking together.
- 9 The drier the fruit leather is, the longer it will keep.

TIP

Fruit leather looks especially attractive when you purée the fruit separately according to color: You get **yellow fruit purée**, for example, from pineapple and mango. An **intense red** can be made from strawberries, raspberries, and a little beetroot. For **green**, use kiwi, gooseberries, and/or green grapes. You can also blend in a bit of spinach if you like.





FRUIT LEATHER *Lollipops*

For fruit leather lollipops, you will of course also need **sticks**, which are available in stores. Standard wooden sticks can also be used for this purpose.

INGREDIENTS

fresh, ripe fruit
a little honey or sugar
beet syrup

PREPARATION

- 1 First, place the sticks on the prepared dehydrator tray. Make sure to leave enough space between them so that the lollipops do not touch or stick together at the end.
- 2 Fill the prepared fruit purée into a piping bag or something similar.
- 3 Pipe a circle of fruit purée onto one end of each stick. The end of the stick should be roughly in the center of the circle.
- 4 The thickness of the fruit layer should be about 0.5–0.7 cm. The thicker it is, the longer it will take to dry.
- 5 Whether you make single-colored lollipops or combine several colors and flavors is entirely up to your imagination.
- 6 Once all the trays are prepared, switch on the dehydrator.
- 7 Set the temperature of the dehydrator to 60°C and choose a drying time of 4 to 5 hours.
- 8 Towards the end of the drying time, you should check the lollipops. They are ready when the fruit purée no longer feels sticky to the touch. If they are still sticky, extend the drying time until a dry consistency is reached. The lollipops can also become slightly firmer at the end.
- 9 After drying, allow the lollipops to cool.
- 10 If you want to store the lollipops, place them in an airtight container with strips of baking parchment between each one. This prevents them from sticking together.
- 11 The drier the fruit leather is, the longer it will keep.

DRIED *Tomatoes*

INGREDIENTS

tomatoes, firm variety

PREPARATION

- 1 Wash the tomatoes and pat them dry.
- 2 Cut the tomatoes in half. Quarter or cut larger tomatoes into eighths. Remove the stem core only from large tomatoes.
- 3 Place the tomato pieces next to each other in the dehydrator, with the skin side facing down.
- 4 The times given are only a guideline.
- 5 If you would like to store the dried tomatoes for a longer period, they must be dried completely until they are crisp. Then store them in an airtight container.
- 6 If you plan to use the dried tomatoes immediately after dehydrating, the pieces can still be slightly moist and flexible.

TIP

It is best to package them in portions using a vacuum sealer.

TIP

The dried tomatoes taste especially delicious when layered in a screw-top jar together with garlic cloves and Mediterranean herbs, then filled to the brim with good-quality cooking oil. Seal the jar tightly and let the tomatoes infuse in the jar for 8–10 days. This way, they fully absorb all the flavors.



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