



DEHYDRATION

Recipe Book

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VORTEX AIR FRYER PRO PLUS



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NOTE: Dehydration times may vary depending on specific food type; for example, the fruit size and degree of ripeness will affect the amount of time required for dehydration to occur. For all recipes, more time may be needed to complete the dehydration process or you may want to add additional time for a crunchier result.

TIP: Rotate the Air Flow Racks mid-cycle for even cooking.

IMPORTANT: Unpack all parts from the box and remove any clear or blue protective film on the components. Wash with warm, soapy water before first use (only select accessories are dishwasher safe).

STEP 1



Make sure the Drip Tray is in place. Press the Power/Start-Stop Button to turn on the Air Fryer Pro.

STEP 2



Arrange food on the Crisper Trays and place the Crisper Trays inside the Unit.

See owner's manual for complete instructions and important safety information before using this product.

STEP 3



Select one of the one-touch cooking presets to begin the cooking cycle. If using manual settings, select the time and temperature and then press the Power/Start-Stop Button.

STEP 4



After the set cooking time has expired, the fan will run for 20 seconds to cool off the Unit and the Unit will automatically shut off. Remove the Crisper Trays while wearing oven mitts and enjoy!

CANDIED BACON

serves 4



Ingredients

- 1 lb. thick bacon
- ¼ cup dark brown sugar
- ¼ tsp. cayenne pepper
- 2 tbsp. maple syrup

Directions

1. Lay the bacon strips onto the Air Flow Racks and trim as needed.
2. Sprinkle the brown sugar and cayenne pepper over the bacon and rub into the meat.
3. Brush the bacon with the maple syrup. Place the Racks in the Unit. Press the Power Button and then the Shrimp Button (320° F/160° C for 12 mins.) to begin the cooking cycle.
4. When the cooking cycle is complete, flip the bacon.
5. Press the Power Button and then the Shrimp Button (320° F/160° C for 12 mins.) to begin the cooking cycle again.
6. Serve on a Charcuterie board.

KALE CHIPS

serves 4

Ingredients

2 bunches kale

2 tbsp. olive oil

1 tsp. salt

½ tsp. ground black pepper

½ tsp. granulated garlic

Directions

1. Remove the stems from the kale and break the kale into pieces.
2. Toss the kale with the olive oil, salt, ground black pepper, and garlic in a bowl.
3. Lay the kale onto the Air Flow Racks.
4. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button (2-hr. cooking time) and increase the cooking temperature to 130° F/55° C. Remove the kale when it becomes crispy (about 15-20 mins.).



VEGGIE CHIPS

serves 2

Ingredients

3 large parsnips,
peeled & sliced very thin

3 medium-sized beets,
peeled & sliced very thin

2 medium-sized sweet potatoes,
peeled & sliced very thin

Directions

1. Layer the sliced parsnips, beets, and sweet potatoes onto the Air Flow Racks. Do not overlap the vegetables.
2. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 115° F/45° C and the cooking time to 10 hrs. to begin the cooking cycle. Additional time may be added for crispier chips.

DRIED HERBS

makes about 1/3 cup

Ingredients

2 (0.75 oz.) packages fresh herbs (parsley, rosemary, thyme, tarragon, oregano, and sage work well)

Directions

1. Spread the fresh herbs onto the Air Flow Racks.
 2. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 125° F/50° C to begin the cooking cycle. Depending on the herbs being cooked, adjust the cooking time:
- **Parsley:** Decrease the cooking time to 1 hr. 30 mins.
 - **Rosemary:** Decrease the cooking time to 2 hrs.
 - **Thyme:** Decrease the cooking time to 3 hrs.
 - **Tarragon:** Decrease the cooking time to 3 hrs.
 - **Oregano:** Decrease the cooking time to 2 hrs.
 - **Sage:** Decrease the cooking time to 3 hrs.



BEEF JERKY

serves 8

Ingredients

Marinade:

- 4 tbsp. sweet soy sauce
- 5 tbsp. ketchup
- ½ tsp. ground black pepper
- ½ tsp. salt
- ½ tsp. garlic powder
- dash of sriracha

2 lb. top round, sliced thinly

Directions

1. Combine the marinade ingredients in a bowl. Add the top round to the bowl.
2. Marinate the top round in the refrigerator for at least 1 hr. (preferably overnight).
3. Remove the meat from the marinade and pat it dry. Lay the meat onto the Air Flow Racks.
4. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 160° F/70° C and the cooking time to 6 hrs. to begin the cooking cycle.

ITALIAN CROUTONS

serves 10



Ingredients

1 loaf crusty Italian bread,
cut into ½ inch cubes
⅓ cup extra virgin olive oil
1 tsp. salt
½ tsp. ground black pepper
1 tbsp. dried oregano

Directions

1. Toss all the ingredients together in a bowl.
2. Spread the bread cubes onto the Air Flow Racks.
3. Place the Racks in the Unit. Press the Power Button and decrease the cooking temperature to 350° F/175° C and the cooking time to 8 mins. to begin the cooking cycle.

SUN-DRIED TOMATOES

serves 6



Ingredients

3 lb. plum tomatoes, halved

Directions

1. Place the tomato halves, skin side down, onto the Air Flow Racks.
2. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 145°F/63° C and the cooking time to 10 hrs. to begin the cooking cycle.

CRISPY GREEN BEANS

serves 4

Ingredients

- 1 lb. green beans, trimmed and halved
- ¼ cup olive oil
- 1 tsp. salt
- 1 tsp. ground black pepper

Directions

1. Toss all the ingredients together in a large bowl.
2. Lay the green beans in a single layer onto the Air Flow Racks.
3. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 125° F/50° C and the cooking time to 6 hrs. to begin the cooking cycle.



ALMOND GRANOLA

serves 4

Ingredients

- 1 ⅔ cups sliced almonds
- 1 cup rolled oats
- ¾ cup flaked coconut
- ¼ cup sunflower seeds, shells removed
- 1 tsp. kosher salt
- 1 tsp. grape seed oil
- ⅓ cup honey
- 1 cup dried cherries, chopped

Directions

1. Combine the almonds, oats, coconut, sunflower seeds, and salt in a bowl and mix them together.
2. Add the grape seed oil and honey to the bowl. Toss to combine.
3. Line the Air Flow Racks with parchment paper and spread the granola evenly over the parchment.
4. Place the Racks in the Unit. Press the Power Button, decrease the cooking temperature to 220° F/105° C, and increase the cooking time to 40 mins. to begin the cooking cycle.
5. After the cooking cycle is complete, add the cherries to the granola and toss to combine.
6. Let the granola cool before serving.

DRIED MANGO SLICES

serves 4

Ingredients

3 fresh mangos, peeled and sliced

Directions

1. Layer the mango slices in a single layer onto the Air Flow Racks.
2. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 125° F/50° C and the cooking time to 10 hrs. to begin the cooking cycle.

CHEWY KIWISLICES

makes about 1/3 cup

Ingredients

6 kiwis, peeled and sliced into 1/4 inch rounds

Directions

1. Lay the kiwi rounds in a single layer onto the Air Flow Racks.
2. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 125° F/50° C and the cooking time to 6 hrs. to begin the cooking cycle.



DRIED ORANGE SLICES

serves 10

Ingredients

4 medium oranges, sliced

Directions

1. Lay the orange slices in a single layer onto the Air Flow Racks.
2. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 125° F/50° C and the cooking time to 10 hrs. to begin the cooking cycle.

STRAWBERRY ROLL-UPS

serves 20



Ingredients

vegetable oil, for spraying
2 lb. strawberries,
cored & chopped
4 tbsp. sugar
juice of 1 lemon

Directions

1. Line the Air Flow Racks with parchment paper and spray the Racks with vegetable oil.
2. Combine the strawberries, sugar, and lemon juice in a blender and blend until a smooth purée forms.
3. Divide the purée evenly between the Racks, spreading the purée into a thin layer over the parchment paper.
4. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 170° F/75° C and the cooking time to 10 hrs. to begin the cooking cycle.
5. Once the cooking cycle has finished, remove the Racks.
6. Cut the parchment paper into 2 in.-thick strips using scissors, roll up the strips, and tie them with twine.

STRAWBERRY SLICES

serves 4

Ingredients

1 lb. strawberries,
sliced thin, stems removed

Directions

1. Lay the strawberries onto the Air Flow Racks in a single layer.
2. Place the Racks in the Unit. Press the Power Button and then the Dehydrator Button and increase the cooking temperature to 125° F/50° C and the cooking time to 8 hrs. to begin the cooking cycle. The strawberries may be cooked for up to 12 hrs. to increase crispiness.

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