

# SHAQ<sup>TM</sup>

## Air Fryer Pro



# Dehydration

## Recipe Book

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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.

# 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.).

# DRIED HERBS

makes about ½ 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.

# 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 decrease 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.



# 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

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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

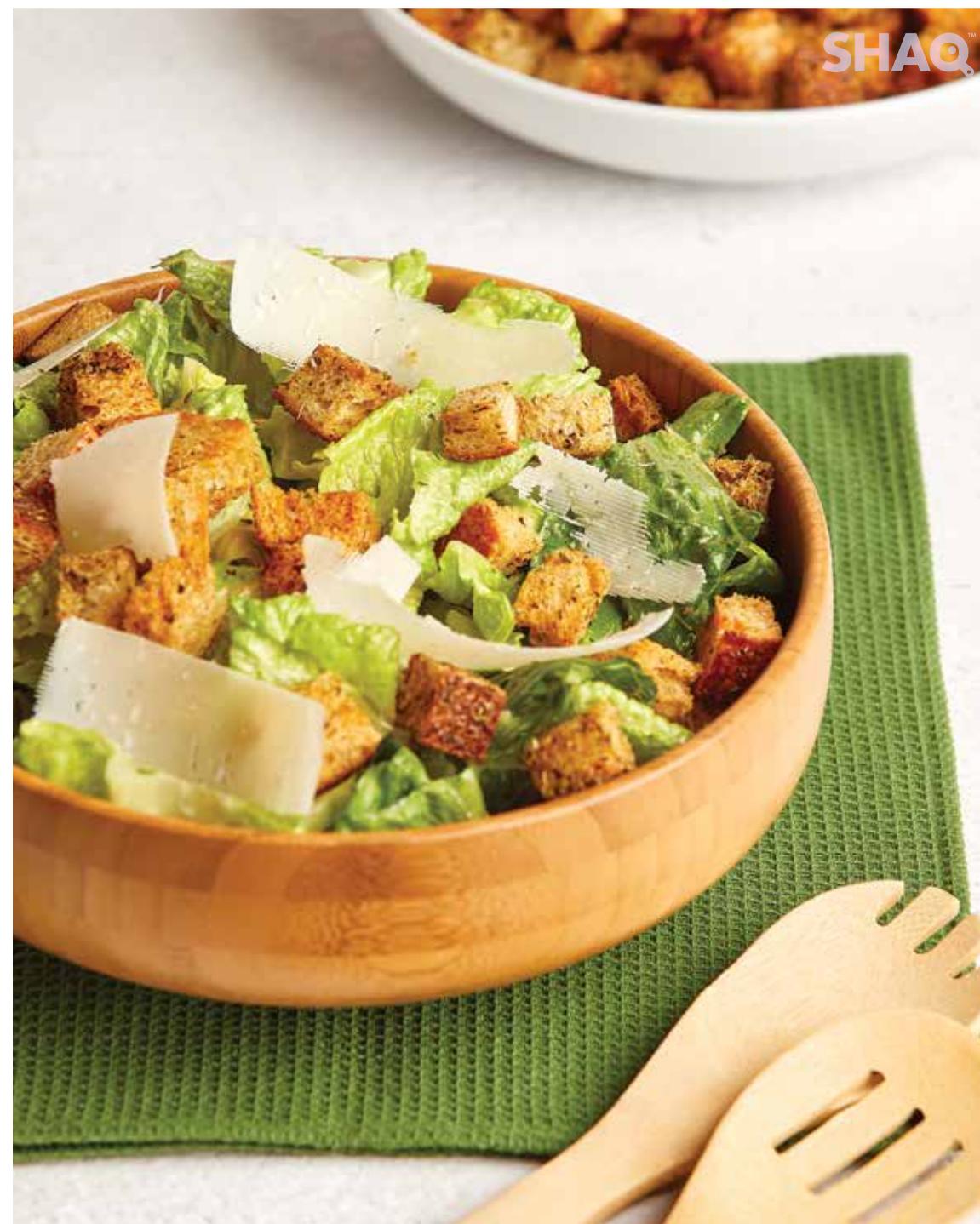
serves 10

## Ingredients

1 loaf crusty Italian bread,  
cut into ½ inch cubes  
1/3 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.



# ALMOND GRANOLA

serves 4

## Ingredients

- 1 2/3 cups sliced almonds
- 1 cup rolled oats
- 3/4 cup flaked coconut
- 1/4 cup sunflower seeds, shells removed
- 1 tsp. kosher salt
- 1 tsp. grape seed oil
- 1/3 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.



# 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.

# 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.

# 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.

# CHEWY KIWI SLICES

makes about ⅓ cup

## 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.

# 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. 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.
4. Once the cooking cycle has finished, remove the Racks.
5. Cut the parchment paper into 2 in.-thick strips using scissors, roll up the strips, and tie them with twine.



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