

∞ RECIPE BOOK

DRIED
DELICACIES



Power
AirFryer™
Multi-Function by Tristar Products



In order to help protect the environment, you can download the recipes online at



Pour des raisons de protection de l'environnement, vous trouverez les recettes en ligne, à télécharger sous le lien



Per ragioni di tutela ambientale, potrete scaricare direttamente online la ricetta all'indirizzo



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Tarifleri, çevre koruma nedenlerinden dolayı online olarak indirebilirsiniz

<https://www.mediashop.tv/DE/power-airfryer-multifunction/>

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NOTE:

1 cup corresponds to a cup of about 240 ml capacity!
1Tsp = 1 teaspoon, 1Tbsp = 1 tablespoon.

NOTE: Dehydration times may vary by food type; For example, the size of the fruit and the degree of ripeness affect the dehydration time required. All recipes may take more time to complete the dehydration process, or you may add extra time for a crisper result.

TIPS: After half the cooking time, swap the grilles around to get a consistent result.
Always put the drip tray in the appliance to make cleaning easier.

CANDIED BACON



CANDIED BACON

for 4 people



Ingredients:	½ kg	thick bacon strips
	¼ cup	brown sugar
	¼ tsp	cayenne pepper
	2 tbsp	maple syrup

- Preparation:**
1. Place strips of bacon on the grid and trim as needed.
 2. Sprinkle the bacon with brown sugar and cayenne pepper and rub it into the meat.
 3. Brush with maple syrup.
 4. Press the shrimp button to start the preparation.
 5. When the cycle is complete, turn the bacon.
 6. Press the shrimp button to start the preparation again.
 7. When the cooking process is complete, serve the candied bacon.

KALE CRISPS

for 4 people



Ingredients: 2 bunches kale
2 tbsp olive oil 1 tsp salt
½ tsp ground black pepper ½ tsp granulated garlic

Preparation:

1. Remove the stems from the kale and cut into pieces.
2. Mix the olive oil, salt, pepper and garlic and stir in the green cabbage in the marinade.
3. Place the marinated kale on the grilles.
4. Press the dehydration button to start the preparation.
Dehydration the kale chips for 15-20 minutes at 55 ° C.

DRIED HERBS

makes about 1/3 cup



Ingredients: 2 sachets (20g each) of fresh herbs (parsley, rosemary, thyme, tarragon, oregano and sage are good)

Preparation:

1. Distribute the fresh herbs on the grilles.
2. Press the dehydration button to start the dehydration process.

Recommended dehydration times:

Parsley for 1½ hours at 50 °C

Rosemary 2 hours at 50 °C

Thyme for 3 hours at 50 °C

Tarragon for 3 hours at 50 °C

Oregano for 2 hours at 50 °C

Sage for 3 hours at 50 °C

VEGETABLE

CRISPS



VEGETABLE CRISPS

2 portions



- Ingredients:**
- 3 big parsnips, peeled and thinly sliced
 - 3 medium-sized beets, peeled and thinly sliced
 - 2 medium sized sweet potato, peeled and thinly sliced

- Preparation:**
1. Place the sliced vegetables on the grilles. Do not stack on top of each other.
 2. Press the dehydration button. Increase temperature to 45°C.
To start the dehydration process, set the timer to 10 hours.
 3. For even more chips, increase the cooking time.



ITALIAN

CROUTONS



ITALIAN CROUTONS

10 portions



Ingredients: 1 loaf of crusty Italian bread, cut into 1 cm cubes
1/3 cup extra virgin olive oil
1 tsp salt
1/2 tsp pepper
1 tbsp dried oregano

Preparation:

1. Mix all ingredients in a bowl.
2. Distribute the marinated bread cubes on the bars.
3. Set the temperature to 175°C. Set the timer to 8 minutes. In order to start the baking process touch the on-off/start-stop button.

A clear glass jar is filled with dark, textured beef jerky. The jar sits on a light-colored wooden cutting board. In the background, a white surface holds a few more pieces of jerky and a white ceramic spoon. The entire image is framed by a red border at the top and bottom.

BEEF

JERKY

BEEF JERKY

for 4 people



Ingredients:

1 kg	beef tenderloin, round, thinly cut
4 tbsp	sweet soy sauce
5 tbsp	tomato ketchup
½ tsp	ground black pepper
½ tsp	salt
½ tsp	garlic powder
	A dash of Sriracha sauce (spicy sauce)

Preparation:

1. Mix all ingredients.
2. Leave for 1 hour in the marinade, preferably overnight.
3. Remove the meat from the marinade and dab it dry. Then place it on the grilles.
4. Start the dehydration program at 70 °C and 6 hours preparation time.

SUN-DRIED

TOMATOES



SUN-DRIED TOMATOES

6 portions



Ingredients: 1.5 kg plum tomatoes, halved

- Preparation:**
1. Place the halves of the tomato on the grilles with the skin side down.
 2. Press the dehydration button and raise the temperature to 65 °C.
 3. To start the dehydration process, set the timer to 10 hours.

CRISPY GREEN BEANS

for 4 people



Ingredients: ½ kg green beans, cut and halved
¼ cup olive oil
1 tsp salt
1 tsp pepper

Preparation:

1. Mix all ingredients in a large bowl.
2. Now put the green beans on the grilles.
3. Press the dehydration button and enter a temperature of 50°C and a duration of 6 hours.

JUICY

KIWI SLICES

4 portions

Ingredients: 6 kiwis, peeled and cut into 5mm slices

Preparation:

1. Spread the kiwi slices on the grilles. Make sure that the slices do not overlap.
2. Press the dehydration button. Increase temperature to 50°C. To start the dehydration cycle, set the timer to 6 hours.



DRIED

MANGO SLICES

4 portions

Ingredients: 3 fresh mangoes, peeled and sliced

Preparation:

1. Spread the mango (or papaya) slices on the grilles. Be careful not to stack the slices.
2. Press the dehydration button. Increase temperature to 50°C. To start the dehydration process, set the timer to 10 hours.

ALMOND

MUESLI



ALMOND MUESLI

for 4 people



Ingredients:	1 ² / ₃	cups planed almonds
	1 cup	oatmeal
	³ / ₄ cup	planed coconut
	¹ / ₄ cup	sunflower seeds, peeled
	1 tsp	salt
	1 tsp	grapeseed oil
	¹ / ₃	cup honey
	1 cup	dried cherries, chopped

- Preparation:**
1. Mix the almonds, oat flakes, coconut, sunflower seeds with the salt.
 2. Add grape seed oil and honey.
 3. Stir to mix everything.
 4. Lay out the grilles with baking paper. Distribute the muesli evenly on the baking paper.
 5. Set the temperature to 105°C and the timer to 40 minutes to start cooking, press the on/off button once.
 6. Add the cherries and stir.
 7. Allow to cool and serve.

DRIED

ORANGE SLICES



DRIED

ORANGE SLICES

for 10 people



Ingredients: 4 medium sized oranges, sliced

- Preparation:**
1. Lay the orange slices in one layer on several grilles.
 2. Start the dehydration program at 50°C and 10 hours to start cooking.

STRAWBERRY

CURLS



STRAWBERRY CURLS

20 servings



Ingredients:

1kg	plant oil, for spraying
4 tbsp	of strawberries, cut and stalks removed
	sugar,
	juice of a lemon

Preparation:

1. Cover several grilles with baking paper and spray the baking paper with vegetable oil.
2. Puree the ingredients in a blender until a smooth mass is produced.
3. Spread the puree evenly on the grid and spread thinly on the baking paper.
4. Place the grids in the Power AirFryer Multi-Function. First press the Start/Stop button, then the dehydration button and set the temperature to 75°C and the timer to 10 hours.
5. Once the dehydration process is complete, carefully remove the grilles from the appliance.
6. Use scissors to cut the baking paper into 5cm wide strips, roll the strips together and tie up with twine.

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