



The **BEST** food
dehydrator
for your healthy lifestyle!

Excalibur
AMERICA'S BEST DEHYDRATOR

Product – History

The Indispensable Equipment for Preparing "Raw Foods"!

Since ancient times, people have been using many different ways to preserve their foods, such as storing foods in holes dug in the ground where the temperature is lower, or marinating foods with salt or sugar and store them in containers. Sun-drying is also one of the commonly used methods.

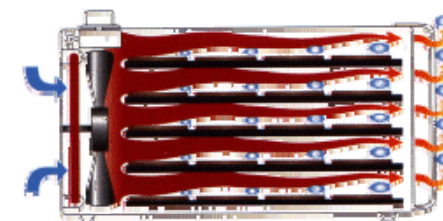
Excalibur has been established since 1973 in Sacramento of California. With more than 35 years' experience in developing food dehydration technology, Excalibur is the best food dehydrator in the world. Its patented technologies, PARALLEXX™ Horizontal-Airflow Drying System and Hyperwave™ Fluctuation Technology, provide the temperature high enough to make foods dry faster and yet low enough to keep the living enzymes active during the dehydration process. Excalibur Food Dehydrator is the No. 1 choice of raw foods enthusiasts or people who are looking for high quality foods. Many leading experts have verified and endorsed Excalibur's ability to preserve living enzymes in properly dehydrated foods.

With the "Raw Foods" Concept first developed in the West, becoming more and more popular in Asia Pacific, Excalibur Food Dehydrator will definitely become the indispensable tool for "Raw Foods" preparation around the world.

Product – Product Intro

Excalibur®, the American's Best Dehydrator!

An expert on food dehydration technology for more than 35 years, Excalibur food dehydrator is the No. 1 choice for the health conscious. The unique technologies Excalibur uses are:-

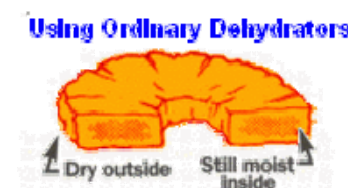


Parallexx™ Horizontal Airflow Drying System

Excalibur is the ONLY machine with its patented Parallexx™ Horizontal Airflow Drying System: its fan, heating element and thermostat are built at the back of the machine so that cool air is drawn in, heated and distributed evenly over each tray. This exclusive design helps foods dry faster, retain more nutrients, look and taste better.

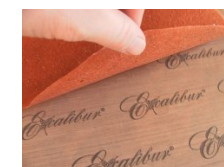
Hyperware™ Fluctuation thermostat

Excalibur's thermostat uses Hyperwave™ Fluctuation Technology changing heat through the drying cycle). As the temperature fluctuates up, the surface moisture evaporates. As the temperature fluctuates down, the inner moisture moves to the drier surface. The food temperature stays LOW enough to keep the enzymes active while the air temperature gets high enough to dry food fast, overcoming bacteria growth and spoilage.



More on Excalibur Dehydrator's Quality and Versatility

The body, inside trays and flexible polyscreen inserts of Excalibur are made of polycarbonate which is high heat resistant, durable and easy to clean.



The optional ParaFlexx™ sheet is made of six layers of Teflon which can withstand heat up to 260°C and approved by FDA (Food & Drug Administration). It is 100% non-sticky and ideal for handling liquid or sticky foods. It is also easy to clean and can last for years.

Excalibur Dehydrator can be used not only for drying foods such as fruits, vegetables, bread dough, meat, fish and yogurt etc, but also for other things like your craft, flowers, and even photographs! Its removable trays allow you to customize the drying space for small and large items.

Product – Product Intro

With Excalibur Dehydrator, all the foods you preserve for your family will not contain any excess salt, sugar, artificial chemicals and preservatives and you can enjoy wonderful treats that are healthy and taste great!



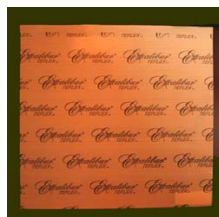
- 4-tray w/o timer
- timer: Nil
 - temperature: 29.5-63°C (85-145°F)
 - tray size: 11" x 11"
 - dehydration guide book



- 5-tray with timer
- timer: 26 hours
 - temperature: 29.5-63°C (85-145°F)
 - tray size: 14" x 14"
 - dehydration guide book



- 9-tray with timer
- timer: 26 hours
 - temperature: 29.5-63°C (85-145°F)
 - tray size: 14" x 14"
 - dehydration guide book



Paraflex Sheet
Size: 11" x 11", suitable for 4-tray model only

Size: 14" x 14", suitable for 5-tray and 9-tray models

Product – Other Info

What is "Raw Foods" Diet?

"Raw Foods" Diet means a diet consuming uncooked foods. This kind of uncooked foods is called "Raw Foods".

"Living food is provided by nature, organically grown in its original, uncooked state. Live foods provide the body with the life-giving, easy-to-digest nourishment needed to strengthen the immune system. Seeds, grains, nuts, fruits and vegetables in their natural, uncooked state are the living foods used to rebuild health - physically, mentally, and emotionally."

From the Ann Wigmore Foundation

Living foods are rich in living enzymes and soluble vitamins, minerals and fibers. The enzymes are what make raw foods easier to digest as they help the body break breaking down foods into digestive proteins more effectively. When foods are being cooked, the enzymes become deactivated or destroyed by heat. Therefore, by eating raw foods, our body does not have to work hard to digest the foods and that frees up more energy for other activities, making us feel stronger, healthier and happier.

Dehydration

To preserve the essence of raw fruits and vegetables, especially enzymes, dehydrating is the best way, compared with high-temperature cooking or traditional canning methods.

When raw foods are cooked at temperature of 48°C/118°F or above for a period of time, their enzymes will be destroyed and the nutritional value of foods deteriorates. Canning method drains away soluble vitamins and minerals, thus depleting the nutrients of raw foods.

Dehydrating with proper control of temperature makes foods dry but the nutrients inside can be retained. It is because the temperature set for dehydration is far lower than that of normal cooking or baking, but high enough to evaporate water in foods. After most of the water evaporated, the enzymes inside foods will become stable and can withstand temperature up to 68°C/155°F.

Product – Other Info

Enzymes and Temperature

Many professionals have studied the relationship between enzymes and temperature and they have come up with different findings:-

Dr. Edward Howell has stated that the optimal temperatures for enzymes are between 7-60 °C/45-140°F. All enzymes will be destroyed at temperature higher than 60°C/140°F. Excalibur has tested using dehydrating and found that his second statement is more accurate as enzymes can actually withstand temperature at 60 °C/140°F.

Another world renowned enzymologist and emeritus professor of Dean of the Food Science and Nutrition Department at UC Davis in California, Dr. John Whitaker has stated that most enzymes will not be deactivated until the temperature reaches 60-70 °C/140-158°F. This supports Dr. Edward Howell's statement of 60 °C/140°F as well as research and test done by Excalibur.

Excalibur has also tested food samples which were dried at temperatures up to 63 °C/145°F and found that the activity of enzymes is it to be the same as that in foods dried at lower temperature.

How to Use Excalibur Food Dehydrator for Living Foods?

Since the beginning of raw food movement, Excalibur Food Dehydrator has been the No. 1 choice of leading raw food-ists. With more than 35 years' experience on developing dehydrating technology, Excalibur is the only machine that comes with its patented PARALLEXX™ Horizontal-Airflow Drying System and Hyperwave™ Fluctuation Technology. These two unique features enable Excalibur to keep the food temperature low enough to preserve the enzymes while raising the air temperature high enough to dry the food quickly, preventing the growth of mold and bacteria.

At the 2001 Raw Food Festival held in Portland, Oregon, Dr. Viktoras Kulvinskis shared his experience of using Excalibur Food Dehydrator.

"I have been using and marketing the Excalibur dehydrators for over ten years. I have tested other dehydrators on the market and found the Excalibur to be superior in service, performance, durability, price and quality. I have pioneered the virtue of setting the temperature at 63 °C/145°F at the initial dehydration of high liquid nut/grain blends, since the initial evaporation keeps the food temperature way below 47°C/118°F, at which enzymes loss occurs. After a few hours, the temperature is lowered to less than 49°C/120°F. The finished products were tested and found to be enzymatically active. This procedure prevented the spoiled smell of the dehydrating done at singular settings below 43°C/110°F. Excalibur is a product made perfect for the raw food community and others who are searching for high quality in their foods."

Product – Other Info

Many raw food leaders, raw food institutes, organizations and restaurants use and recommend Excalibur food dehydrator.

Recognised Raw Food Leaders using Excalibur:

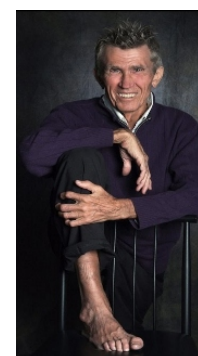
Dr. Viktoras Kulvinskis
Dr. Ann Wigmore
Dr. Gabriel Cousins, MD
Cherie Soria
Victoria Boutenko
David Wolfe
Doug Graham, DC
Fred Bisci, PhD
Jameth Dina, ND
Paul Nisson

Raw Food Institutes, Organization and Restaurants using Excalibur:

Ann Wigmore Institute
Hippocrates Health Institute
Living Light Culinary Arts Institute
Natures First Law
Optimum Health Institute
Quintessence
Raw Truth Café
The Living Food Institute
The Raw Family
Tree of Life Rejuvenation Center

Leading "Raw Foods" Experts Endorsed Excalibur's Ability

"Raw Foods" are healthy foods containing living enzymes. Enzymes are most susceptible to damage by high heat while they are in a wet state. However, dehydration, which removes food moisture through evaporation, uses far less heat than cooking or baking. As the food becomes drier, the enzymes become more stable, and can withstand temperature up to 46°C. Excalibur's Hyperwave™ Fluctuation technology lets you dry foods at temperatures low enough to keep enzymes viable. Several leading experts have verified and endorsed Excalibur's ability to preserve living enzymes in properly dehydrated foods.



Mr. Viktoras Kulvinskis is a Co-Founder of the Hippocrates Health Institute with Ms. Ann Wigmore, and author of several books including "Survival into the 21st Century". He is recognized as being the "Father" of the Raw Food Movement.

"I have been using and marketing Excalibur Dehydrators for over ten years. I have tested other units on the market and found Excalibur to be superior in service, performance, durability, price and quality. Excalibur is a product made perfect for the raw food community and others who are searching for high quality in their foods."

Product – Other Info

Ms. Victoria Boutenko is one of the community's most inspiring educators and travels the country sharing her and her family's life changing experiences with raw foods. She is the author of several books including Raw Family, and 12 Steps to Raw Food.

"Me and my family have been eating Raw food now for 10 years. We have 5 Excaliburs of our own and use them every day. They are excellent dehydrators and the best for raw food. I use them for all my recipes, and recommend them to all of my students. I have known Excalibur's family staff for a long time and they always give outstanding service."



Dr. Gabriel Cousins is the founder and director of the Tree of Life Rejuvenation Center in Arizona. He is one the leading educators in the raw food community, and author of several books including Conscious Eating.

"We only use Excalibur Dehydrators at our Cafe at The Tree Of Life Rejuvenation Center for all of our Gourmet RAW Food preparations and everyone loves the quality and reliability, we highly recommend it as your first choice in food dehydrators."

Ms. Cherie Soria is the founder and director of the Living Light Culinary Arts Institute where she instructs and certifies raw food chefs throughout the world. Author of Angel Foods: Healthy Recipes for Heavenly Bodies.

"As far as I am concerned, there is only one dehydrator -- the Excalibur. We use it exclusively at all our Living Light Culinary Arts Institute trainings and Healthy Lifestyle Celebrations. I trust the integrity of my Excalibur dehydrators and know I will get the results I need! Thank you Excalibur for creating such a quality product!"



Product – Other Info

Electricity Consumption and Cost Comparison

Normally, when you dehydrate foods in your Excalibur, it will take at least few hours or evenly overnight. You may wonder if you will spend a lot on electricity cost. Here you can see Excalibur just cost you penny compared with other home appliances, making all the healthiest preserved foods for you and your family!

Electricity provided by CLP Power Hong Kong Ltd.

Appliance	Elect. Loading	Elect. Unit Consumed Unit/hr	Unit Cost* (HK\$)			
			1 hr	8 hrs	10 hrs	24 hrs
Fan Heater	1000W	1.00	0.862	6.896	8.620	20.688
Oil Filled Radiator	2000W	2.00	1.724	13.792	17.240	41.376
Air Conditioner, 3/4 hp	760W	0.76	0.655	5.240	6.550	15.720
Air Conditioner, 1 hp	940W	0.94	0.810	6.480	8.100	19.440
Air Conditioner, 1 1/2 hp	1400W	1.40	1.210	9.680	12.100	29.040
Air Conditioner, 2 hp	2200W	2.20	1.896	15.168	18.960	45.504
Excalibur Food Dehydrator	400W	0.40[#]	0.345	2.760	3.450	8.280
Excalibur Food Dehydrator	600W	0.60[#]	0.517	4.136	5.170	12.408

Remark: * The unit cost calculated is based on the CLP's cost of the first 400 units. The CLP's rate of the first 400 units is HK\$0.862/unit.

These figures are measured based on the highest usage.

Electricity provided by Hong Kong Electric Co. Ltd.

Appliance	Elect. Loading	Elect. Unit Consumed Unit/hr	Unit Cost* (HK\$)			
			1 hr	8 hrs	10 hrs	24 hrs
Fan Heater	1000W	1.00	0.873	6.984	8.730	20.952
Oil Filled Radiator	2000W	2.00	1.746	13.968	17.460	41.904
Air Conditioner, 3/4 hp	760W	0.76	0.663	5.308	6.635	15.924
Air Conditioner, 1 hp	940W	0.94	0.821	6.565	8.206	19.695
Air Conditioner, 1 1/2 hp	1400W	1.40	1.222	9.778	12.222	29.333
Air Conditioner, 2 hp	2200W	2.20	1.921	15.365	19.206	46.094
Excalibur Food Dehydrator	400W	0.40[#]	0.349	2.794	3.492	8.381
Excalibur Food Dehydrator	600W	0.60[#]	0.524	4.190	5.238	12.571

Remark: * The unit cost calculated is based on the HKE's cost of the first 150 units. The HKE's rate of the first 150 units is HK\$0.873/unit.

These figures are measured based on the highest usage.

"Raw Food" Recipes

1. Persimmon Pineapple Fruit Roll

Ingredient:

Fresh persimmon, peeled, cored and pieced	1 cup	(240 ml)
Fresh pineapple, peeled and pieced	1/2 cup	(120 ml)
Water		



Procedure:

- Put all the ingredients into a blender to make puree.
- Pour the puree on the drying trays with Paraflexx sheets. Spread the puree with spatula.
- Set the temperature at 60°C /135°F and dehydrate until leathery. Once it is cooled, roll it into a tight cylindrical shape. Use cling film to wrap the fruit roll for storage.

2. Italian Sauce (approx. 4 servings)

Ingredient:

Dehydrated sliced mushrooms	1/4 cup	(60 ml)
Dehydrated tomato powder	1 cup	(240 ml)
Dehydrated garlic powder	1 1/2 tbsps	(23 ml)
Dehydrated onions	1 tbsps	(15 ml)
Dehydrated parsley	1 tbsps	(15 ml)
Dehydrated green peppers	1 tbsps	(15 ml)
Dehydrated basil	1/2 tsp	(3 ml)
Dehydrated oregano	1/2 tsp	(3 ml)
Corn starch	3 tsps	(15 ml)
Sugar	1 tsp	(5 ml)
Water	3 cups	(720 ml)



Remark: Please refer to the "Food Dehydration Guide" in the "User Guide Book" for dehydrating the above ingredients. Use a blender to grind them when necessary. Keep them in a glass containers or zip-top bags for storage.

Procedure:

- Put all the ingredients into a saucepan and simmer until thick.

"Raw Food" Recipes

3. Summer Salad Topping

Ingredient:

Dehydrated crumbled carrot	1/2 cup	(120 ml)
Dehydrated flakes onion	3/4 cup	(180 ml)
Dehydrated parsley	1/4 cup	(60 ml)
Dehydrated pieced green pepper	1/4 cup	(60 ml)
Dehydrated pieced red pepper	1/4 cup	(60 ml)
Dehydrated sliced tomato	1/2 cup	(120 ml)
Sunflower seeds	1/4 cup	(60 ml)
Grated Parmesan cheese	1/2 cup	(120 ml)



Remark: Please refer to the "Food Dehydration Guide" in the "User Guide Book" for dehydrating the above ingredients.

Procedure:

- Mix and coarsely chop all ingredients in a blender. Put them into a glass container or zip-top bag for storage.
- Sprinkle mixture over salad to serve.

4. Pan-fried Potato O'Brien (approx. 6 servings)

Ingredient:

Dehydrated diced potato	2 cups	(480 ml)
Dehydrated diced spring onion	1/4 cup	(60 ml)
Dehydrated diced onion	1/4 cup	(60 ml)
Dehydrated diced red pepper	1/4 cup	(60 ml)
Crumbled bacon (optional)	1/2 cup	(120 ml)
Olive oil	4 tbsps	(60 ml)
Salt and pepper to taste		



Remark: Please refer to the "Food Dehydration Guide" in the "User Guide Book" for dehydrating the above ingredients.

Procedure:

- Rehydrate diced potato, spring onion, onion and red pepper by soaking them in hot water for 20 minutes. The ratio of dehydrated foods and water is 1:1. Drain thoroughly.
- Heat the frying pan, add olive oil and all rehydrated ingredients and stir fry until golden brown. Sprinkle crumbled bacon, salt and pepper and stir well.

"Raw Food" Recipes

5. Spicy Beef Jerky

Ingredient:

Lean beef	5 pounds	
Salsa sauce, mild	1 bottle	(350 ml)
Oregon powder	2 tbsps	(30 ml)
Chili seasoning mix	1 pack	
Red peppers, chopped		



Procedure:

- Cut the meat into 1" wide, 1/4" thick strips.
- Put all other ingredients, except chopped red peppers, into a bowl and mix well. Put the beef strips into the sauce bowl, mix well until coated.
- Cover the bowl with beef strips and sauce with cling film and put it in the refrigerator for 6-12 hours. Turn the beef strips occasionally during the process.
- Drain off excess sauce on the beef strips and put them evenly on the drying trays with Paraflexx sheet. Sprinkle the chopped red peppers on top of each beef strips.
- Set the temperature at 68°C /155°F and dehydrate for 6-10 hours. Once the strips are cooled, put them in a glass containers or zip-top bags for storage.

Related Product

*"Whole Foods should be Your Medicine,
and Medicine should be Your Whole Foods."*

Phytochemicals are naturally occurring chemicals in plants that give fruits, vegetables, grains and bean their medicinal, disease-preventing and health-enhancing properties. Mother Nature engineers "Whole Foods", i.e. foods that include skins, pulps and seeds so as to contain the precise amounts and ratios of vitamins, minerals, fibers and phytochemicals. Any disruption of that balance by juice extraction, peeling, degerminating or other refining processes reduces the healing and nourishing powers of whole foods.

Some phytochemicals are anti-inflammatory, antibacterial, antiviral and anti-osteoporotic etc. They capture free radicals and prevent them from damaging DNA. Dr. James Duke of the USDA (U.S. Department of Agriculture) sums it up perfectly: "One gram of preventive phytochemicals is better than a ton of curative drugs", as most of the modern prescription drugs are laboratory imitations of phytochemicals from plants.

People eating whole foods can expect to live a long healthy life because their phytochemicals can help you lower cholesterol, detoxify the liver, alleviate pain, clear up bronchitis and nasal congestion.

Vitamix TNC, Your Real "Whole Food" Machine!

With more than 90 years experience focusing on developing innovative technology for making Vitamix TNC, the unique "Whole Food" machine which has obtained more than 250 *patented features*. Its *powerful, commercial-grade motor drives, precision-designed stainless steel blades* can rupture food cells many more times than others so that more nutrients can be liberated from our food and absorbed more quickly by our body.

Vitamix TNC changes the habit, method and concepts of our diet, creating a brand new healthy eating lifestyle like "Whole Foods Concept" and "Raw Diet" etc. It is time for you to look into this easy and effective way of maintaining a healthy lifestyle and make Vitamix TNC a part of your healthy regime.

FAQ

- Q: The food on one side of my drying trays seem to be dried faster than the other. What should I do?
- A: If that is the case, you may turn the tray 180°C half way through the dehydration process so that all the food can be evenly dehydrated.
- Q: My apples and pears have darkened to a rusty-brown color why dehydrating. Are they safe to eat?
- A: Yes. Some fruits and vegetables may turn rust-like color because of oxidation. It will turn even darker in color after dehydration. To prevent the fruits and vegetables from turning rust-like color, please refer to the tips on “Dehydration Techniques – Dehydrated Fruits and Veggie Chips” section in this book to prepare food.
- Q: Why should the edge be thicker than the center when we spread the fruit puree on the drying trays for making fruit roll?
- A: It is because the edge tends to dry more quickly than the center. If both parts are of the same thickness, the edge will become brittle.
- Q: I always make thin and crispy fruit roll. How I can make thick and chewy ones?
- A: Juicy fruits, such as strawberries, are too runny to create a thick and chewy fruit roll. You can try to add a banana when making any fruit puree so that the mixture will become thick. Be sure to pour 3/4 or 1 cup of puree on each drying tray and spread it out evenly. The puree should be 1/4” thick.
- Q: If I powdered my dehydrated vegetables, what could I use them for?
- A: You can make your own secret natural seasoning with garlic, onions, herbs etc for meat and sauces. Powdered tomatoes can be reconstituted into tomato sauce, paste, catsup, juice or soup. Powdering your dehydrated vegetables is easy, simply place them in a blender and blend until they become powder. You can store the veggie powder or mixed veggie powder in an air-tight glass containers.
- Q: During the dehydration process, should I remove those already dried foods from the drying trays to avoid over drying and allows better circulation for those still moist foods?
- A: Yes. However, if you have sliced your foods into uniform pieces and turned your tray(s) 180°C half way through the dehydration process, your load should be finished at the same time.

