



Dehydrated Vegetable Chips



the Smart Oven® Air Fryer Pro

Breville®

Dehydrated Vegetable Chips



Prep 10 minutes / Dehydrate 12-15 hours



Yields approximately 2 cups each



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1 medium sweet potato

2 medium parsnips

2 medium beets

Spice mix for sweet potato chips

½ teaspoon dried thyme

½ teaspoon onion powder

½ teaspoon garlic powder

¼ teaspoon ground white pepper

1 teaspoon kosher salt

Spice mix for parsnip chips

½ teaspoon ground turmeric

1 teaspoon kosher salt

½ teaspoon ground white or black pepper

Red wine vinegar glaze for beet chips

2 tablespoons red wine vinegar

½ teaspoon kosher salt

½ teaspoon ground white or black pepper

Method

1. For the sweet potato chips, combine spice mix in a small bowl and set aside.
2. Peel sweet potato then thinly slice using a mandoline. Arrange slices in a single layer on the dehydrate baskets. Lightly and evenly sprinkle with the spice mix.
3. Select DEHYDRATE/125°F (52°C)/SUPER CONVECTION/12 hours. Place dehydrate baskets in rack positions 3 and 5 and press START. Check on crispiness and rotate trays occasionally, every 4-5 hours. Chips should feel paper-dry and snap in half easily.
4. For the parsnip chips, combine spice mix in a small bowl and set aside. Peel parsnips then thinly slice using a mandoline. Arrange slices in a single layer on the dehydrate baskets. Lightly and evenly sprinkle with the spice mix. Dehydrate chips as per step 3, changing the dehydrate time to 6 hours.
5. For the beet chips, peel beets then thinly slice using a mandoline. Arrange slices in a single layer on the dehydrate baskets. Lightly brush with red wine vinegar and then lightly and evenly sprinkle with salt and pepper. Dehydrate chips as per step 3.

Note

You will need at least two dehydrate baskets to make this recipe. Otherwise, dehydrate in two batches. To prevent discolouring keep the remaining vegetables unpeeled in the fridge until ready to use.

A mandoline is a great tool to cut vegetables very thinly. Use it with caution as the blade is very sharp. Only use as directed on the packaging.

Dehydrating time will depend on the thickness and type of vegetables. Generally the thinner the vegetable is cut the faster it is drying and the crispier it will become.

Storing dehydrated vegetables

Once completely dried, store vegetables in vacuum sealed bags or containers for best results. The vegetable chips will keep for 3-4 weeks but are best eaten within 3 days.

Tips

For dehydrating vegetables

To prevent staining the dehydrate basket, line it with parchment paper before dehydrating beets. Once the beets are dry to the touch they can be placed directly on the basket to finish dehydrating.