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FOR HOME ECONOMICS



IFHE Programme Committee  
Household Technology & Sustainability –  
the experts in household management

# Best Practice Tips in Drying of Fruits and Vegetables<sup>©</sup>

## Preparations

- suitable raw materials: beans, carrots, peas, mushrooms, lentils, tomatoes, peaches, apricots, mangos.
- wash raw materials or peel if necessary to remove spoiled parts.
- immerse pieces in salt water (150g/5l) to prevent discolouration, then drain well.
- place the pieces on drying trays in a single layer; protect from insects and dust by covering trays with netting.

## Things to keep in mind

- start with fresh raw materials of good quality.
- thinner pieces produce the best end product.
- blanch (cook) raw materials for the recommended time in boiling water.
- turn and mix pieces around after a few days.
- when dry store in airtight containers.

## Storing dry products

- do not pack away immediately, pile in a cardboard box to allow moisture to distribute evenly.
- line airtight containers with waxed paper and pack product on it.
- check contents from time to time, since it may turn sour or become mouldy if packed away slightly damp.
- mark the container with the name of the product, date and mass.

## Recommended time

- blanch (cook) firm vegetables like beans for 5 - 6 minutes, before cooling it in cold water
- blanch other fruit and vegetables in a cheese cloth or wire basket to protect them for 3 - 5 minutes. Also cool immediately.

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