

Jirayu Pae Thongkham. (2023, April), Preserve the value of the fruit for a long time : Gourmet & Cuisine : 273 : 76-77

Many times we want to keep delicious fruits for a long time, but fear that they will spoil before we can eat them all. Or let it rot unfortunately. But nowadays there are new ways to extend the life of the fruit even longer, one of them Freeze-Dried Fruit or freeze-dried fruit is a method to extend the life of the fruit to last longer without losing the nutrients in it. one

### **Freeze-Drying (Freeze-Drying) is different from drying. (Dehydration) how?**

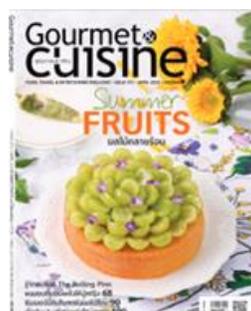
The basic principles of these two food preservation processes are Removing water from food to extend shelf life. But the difference lies in freeze-drying. This freeze-dried food can remove up to 98% of the water from freezing under vacuum pressure. Drying can remove about 80% of the water from the food when it has less moisture. Therefore, it is not surprising that freeze-dried food can be stored for longer without worrying about mold, bacteria or degradation over time.

### **What are the advantages of freeze-dried fruits?**

The technique of freeze-drying food removes water. efficiently. Fruits are quickly stored and frozen. When fully ripe, all nutrients are retained. Therefore, freeze-dried fruits are valuable. Nutrition retains up to 90% of vitamins, minerals, and is also low in calories. It's also a great source of fiber and antioxidants. It also has a shelf life of up to 30 years, making it a pretty convenient alternative for anyone who's uncomfortable eating fresh fruit or just wants one. Long stored wood or as a snack because it has a crunchy touch and has a sweet taste from fruit as well.

### **Choose to eat freeze-dried fruits that are good for your body.**

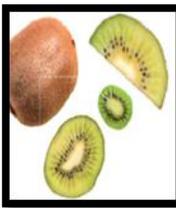
Nowadays, there are many kinds of fruits that are popular to make freeze-dried fruits such as blackberries, bananas, raspberries, cherries, peaches, etc. As for Thai fruits, they are also used to make freeze-dried fruits. Freeze-dried fruit too, including durian, mango, jackfruit and rambutan, freeze-dried fruit can be paired with cereal, oatmeal, muffins, cookies and smoothies, but with the water content. of freeze-dried fruit with a small weight. Plus the crunchy texture invites you to enjoy chewing. resulting in us being able to eat in quantities greater than fresh fruit. This means that we are also consuming a lot of sugar. Therefore, freeze-dried fruits should be eaten in moderation.



There are many kinds of fruits in this world that we may not be familiar with. They have strange shapes, flavors and textures. be a species Therefore, it is a good opportunity for the story of summer fruits, this time we would like to introduce strange fruit species that are hard to find or that are popular only in certain areas. I'm sure you'll enjoy eating this summer.



**Abi or Abiu (Abiu)**, a tropical fruit from the Amazon region. in South America  
The fruit is round when ripe, bright yellow. The flesh is white, translucent, similar to with colored gels giving a lightly sweet taste



**Kiwi berry (Hardy Kiwi)** or hard poet Originated in Japan, Korea, northern china and eastern Russia, it got its name because of its TV-like texture, in a weeter, crisper version. Only the outside is hairless like a normal TV and is as small as a grape, can at the whole shell.



**Pepino:** The origin of this fruit is Peru. Now common in Colombia. Kenya, Bolivia and color, as well as spreading to other countries. around the world like Australia, New Zealand and California in the United States. Pepino has an oval shape. The peel is yellow-orange with purple stripes and the flesh is juicy inside. It's like eating a sweet cucumber.



**Mon Khai (Eggfruit)** fruit that is found in tropical countries both in South America and Asia. Southeast of our country. The yellow-orange fruit of Mon Khai comes in a variety of shapes, from round to oval, with a long tail. The texture is similar to hard-boiled egg yolk. Reminiscent of egg custard. Some say it smells like a light durian. Mon Khai has many names, such as Sian Peach and Tissa.

