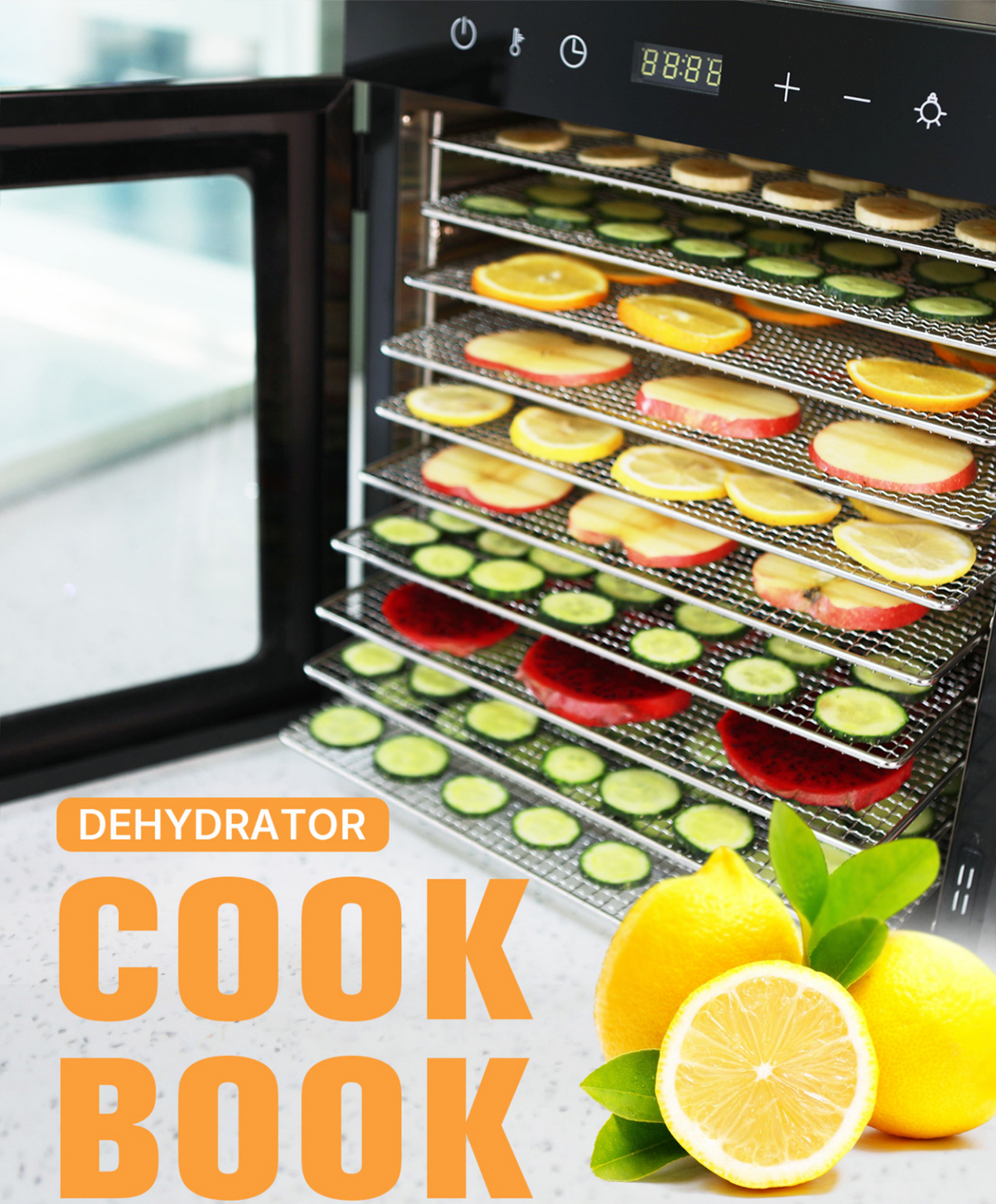


DEHYDRATOR

COOK BOOK

DRIED FOOD

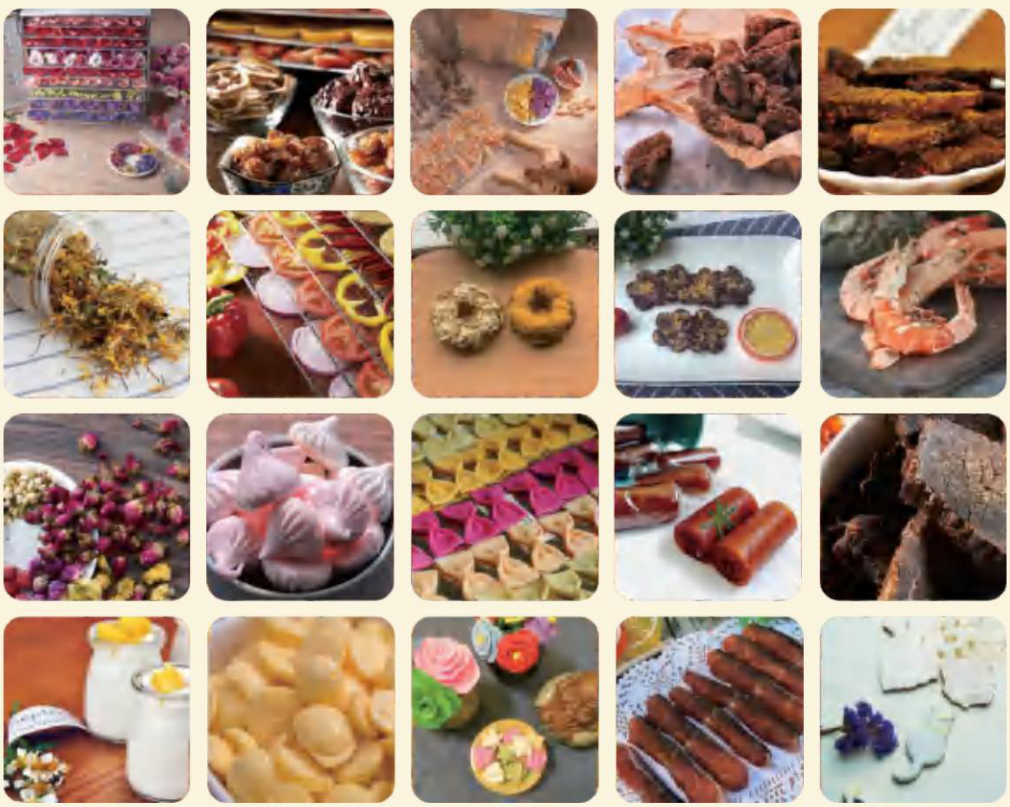
Preface

Dried Food-enjoy it

Foods prepared with dehydrator preserve the same amount of vitamins and minerals as those found on fresh produce. Dehydrators have increasingly become popular as more people appreciate the modern ways of making food. It can make dried fruits / meat / yogurt / yogurt melts / farfalle.

Dehydrator have replaced the traditional ways of drying food in the sun, and without being affected by weather, making good dried food at any time.

To make your life better and tastier, we're going to tell you the ways of making dried food by dehydrator.



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Dried Cherry Tomato

Raw Material:

Cherry Tomato---1000g



Storage:

Store with seal at regular temperature, storage period : 1 month.

Methods:



1 Please immerse the cherry tomatoes in brine for 10 minutes, and then wash them in clean water.



2 Cut them in half.



3 Keep the cut sides up and put them on the tray.



4 Temperature: 70 degrees, Timing: 12-14 hours; after cooling down, cold store them with seal.

Dried Peach

Raw Material:

Peach---5pcs



Storage:

Store with seal at regular temperature, storage period : 1 month.

Methods:



1 Prepare 5 pcs of peaches, wash and peel them off.

2 Cut them into slices, the thickness of slices should be 4mm.



3 Temperature: 60 degrees, Timing:13-15 hours.



Dried Hawthorn Slices

Raw Material:

Hawthorn---1000g;
Salt---right amount.

Storage:

Store with seal at regular temperature, storage period: 6 months.



Methods:



1 Wash the hawthorns.



2 Remove the Stones.



3 Cut them into slices and immerse them in brine for 1 minutes.



4 Temperature: 70 degrees, Timing:5-7 hours. Till they are it all dried.

Dried Mulberry

Raw Material:

Mulberry---2000g

Storage:

Store with seal at regular temperature, storage period: 5 months.



Methods:



1 Preprae the fresh mulberries,wash them with clean water,letit them soak for 10 mins in water.



2 Dry them out and put them on the tray.



3 Temperature: 70degrees, Timing:16-17 hours.Timing(soft or hard) depends on personal preferences.

Dried Grape



Raw Material:

Grape---1000g

Storage:

Store with seal at regular temperature, storage period:1 month.

Methods:



1 Steep the grapes in brine.



2 Dry them out and put them on the tray.



3 Temperature: 65 degrees, Timing:30-40 hours.

Dried Apple

Raw Material:

Apple---2000g

Storage:

Store with seal at regular temperature, storage period: 1 month.



Methods:



1 Wash apples and cut them into slices (skins can be peeled off or not).



2 Slices are 4mm.Steep slices in brine for 5 mins.



3 Dry them out and put them on the tray.



4 Temperature: 65 degrees, Timing: 6-8 hours. Longer timing make they crisp.

Dried Longan

Raw Material:

Longan ---2000g

Storage:

Store with seal at regular temperature, storage period: 1 month.



Methods:



1 Prepare the fresh longans.



2 Peel them off and remove the stones. Cut them in half if the flesh are big.



3 Put them on the tray.

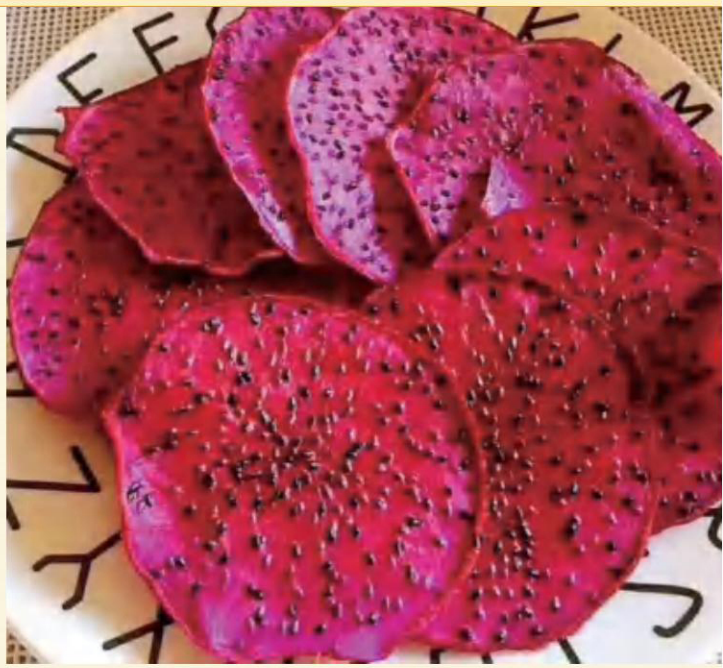


4 Temperature: 65 degrees, Timing: 7-10 hours.

Dried Red Dragon Fruit(Pitahaya)

Raw Material:

Red dragon fruit(Pitahaya)---2000g



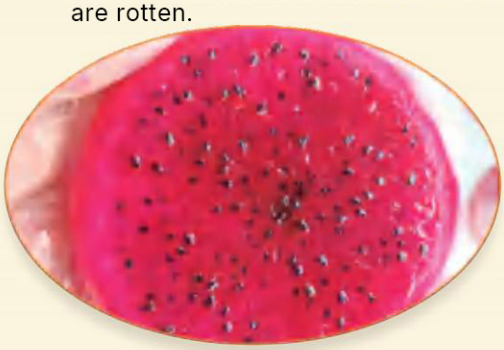
Storage:

Store with seal at regular temperature, storage period: 3 weeks.

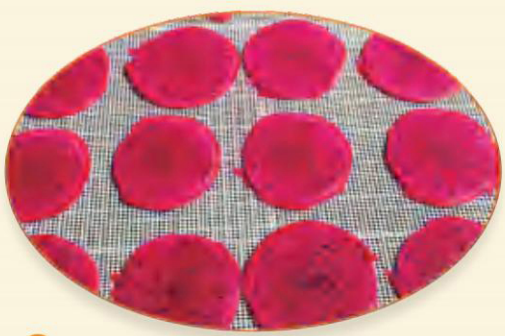
Methods:



1 Prepare the fresh red dragon fruits with smooth surface, and check if the roots are rotten.



2 Peel them off and cut them into slices,slices should be 3mm.



3 Put them on the tray.



4 Temperature: 65 degrees, Timing: 7-10 hours.

Dried Pineapple



Raw Material:

Pineapple---1000g,
salt---15g

Storage:

Store with seal at regular temperature, storage period : 2 weeks.

Methods:



1 Peel them off and cut them into slices with 10mm.In a clean basin, add warm waterand add the right amount of salt to make the brine.



2 Steep slices in warm brine for 20 minutes.



3 Dry them out and put them on the tray.



4 Temperature: 70 degrees, Timing: 8-10 hours.

Dried Strawberry

Raw Material:

Strawberry---2000g,

Storage:

Store with seal at regular temperature, storage period: 1 month.



Methods:



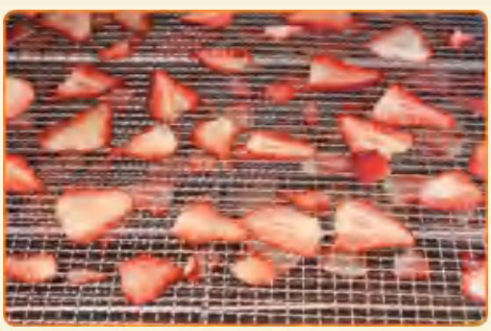
1 Wash and steep strawberries in brine for 10 minutes.



2 Cap and Cut them into slices with 4mm-5mm.

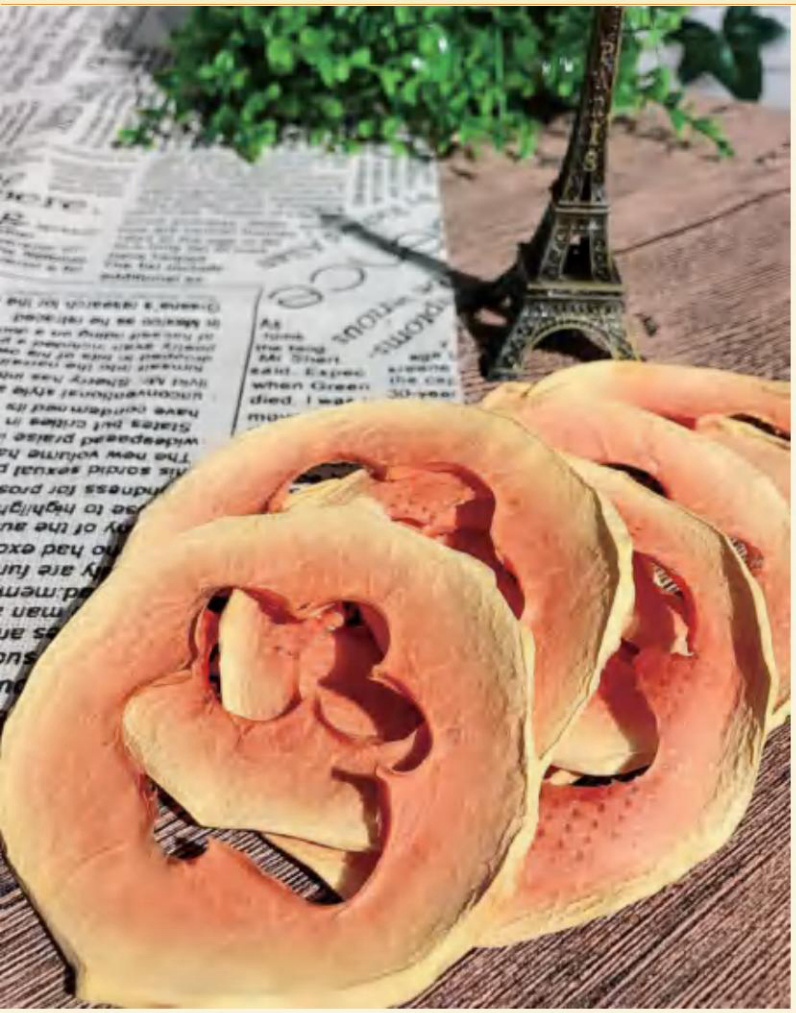


3 Temperature: 70 degrees, Timing: 5 hours.



4 After cooling down, coldly store them with seal.

Dried Papaya



Raw Material:

Papaya---1pc,

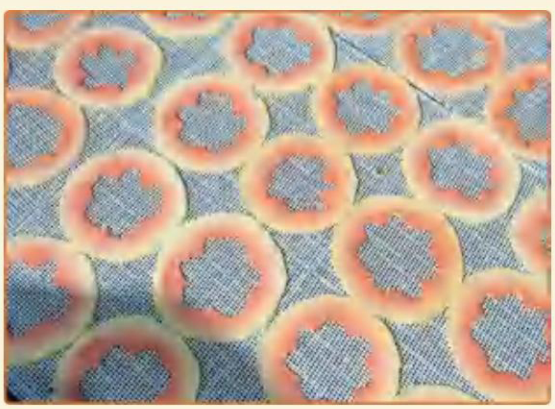
Storage:

Store with seal at regular temperature, storage period: 2 months.

Methods:



1 Prepare the fresh papaya.



2 Shell the seeds, and cut them into slices with 3-4mm.



3 Temperature: 60 degrees, Timing: 9 hours.

Dried Hami Melon

Raw Material:

Hami melon---1pc,

Storage:

Store with seal at regular temperature, storage period: 1 month.

Methods:

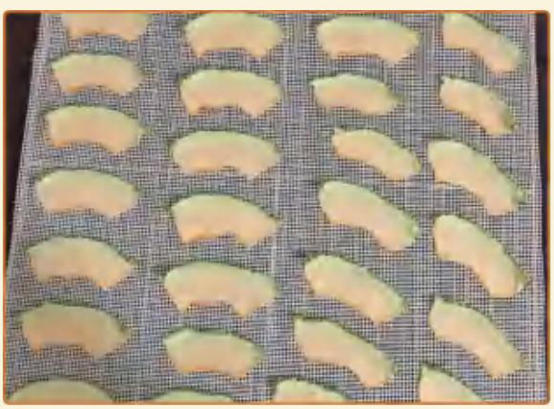


1 Prepare the fresh hami melon.





2 Wash and shell the seeds, cut them into slices with 4-5mm, put on trays.



3 Temperature: 70 degrees, Timing: 6-8 hours.

Dried Carambola (Star Fruit)



Raw Material:

Carambola (star fruit)---3~4pcs,

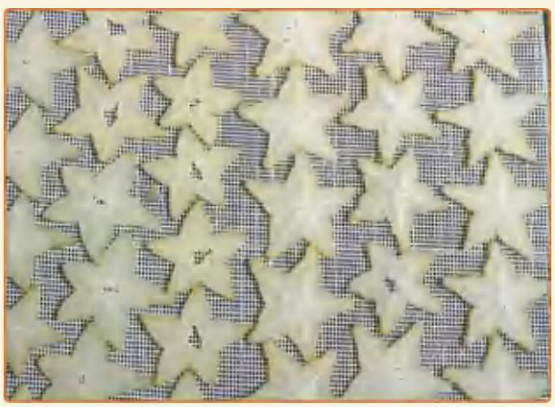
Storage:

Store with seal at regular temperature, storage period: 1 month.

Methods:



1 Prepare the fresh carambolas (star fruits), wash and steep them in brine for few minutes.



2 Cut them into slices with 3mm, put them on trays.



3 Temperature: 58 degrees, Timing: 7-9 hours. Timing should depend on the size and thickness of the slices.

Dried Orange

Raw Material:

Orange---3~4pcs

Storage:

Store with seal at regular temperature, storage period: 2 months.

Methods:



1 Clean the surface of oranges with salt, then cut the heads and the tails of the oranges.





2 Cut them into slices with 4mm, put on trays.



3 Temperature:60 degrees, Timing:7-9 hours.Timing should depend on the size and thickness of the slices.Store them with seal at regular temperature after well dehydrated.

Dried Watermelon



Raw Material:

Watermelon---1pc,

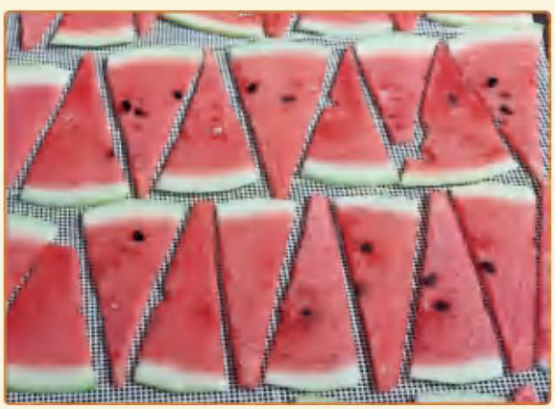
Storage:

Store with seal at regular temperature, storage period: 1 month.

Methods:



1 Prepare the fresh watermelon.



2 Clean and cut it into slices with 4-5mm, put on trays.



3 Temperature: 70 degrees, Timing: 6-8 hours. Timing should depend on the size and thickness of the slices.

Dried Lemon



Raw Material:

Lemon---1000g,

Storage:

Store with seal at regular temperature, storage period: 3 months.

Methods:



1 Pick the fresh and good lemons.



2 Clean them with salt and peel them off.



3 Cut them into slices with 3mm, put them on trays.



4 Temperature: 55 degrees, Timing : 13-15 hours. Make them completely dry and without moisture into slices.

Dried Grapefruit



Raw Material:

Grapefruit---3~4pcs

Storage:

Store with seal at regular temperature, storage period: 2 months.

Methods:



1 Clean the surface with salt, then cut the heads and the tails of the oranges.



2 Cut them into slices with 3mm, put them on trays.



3 Temperature: 55 degrees, Timing: 14-16 hours. Timing should depend on the size and thickness of the slices.Store them with seal at regular temperature after well dehydrated.

Dried Kiwi Fruit

Raw Material:

Kiwi fruit---3pcs

Storage:

Cold store with seal,
storage period:1 month.

Methods:



1 Pick the fresh kiwi fruits.

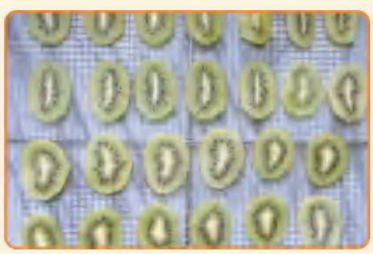




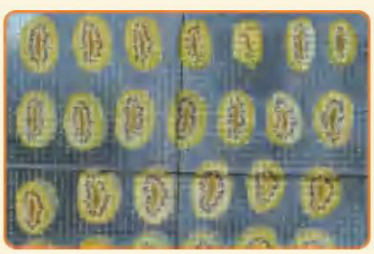
2 Peel them off.



3 Cut them into slices with 3-5mm,put them on trays.



4 Temperature: 60 degrees, Timing: 2-5 hours.



5 Timing should depend on the size and thickness of the slices.



6 Each well dried slice looks delicious.

Dried Banana



Raw Material:

Banana---4pcs;
Lemon---1pc

Storage:

Store with seal at regular temperature, storage period: 1 month.

Methods:



1 Prepare the fresh bananas& lemon.



2 Make the fresh lemon juice.



3 Cut the bananas into slices with 5mm.



4 Put the lemon juice into slices.



5 Lie all the slices on trays.



6 Temperature: 70 degree, Timing: 4-5 hours.



7 Taste them.

Dried Mango

Raw Material:

Mango—1500g

Storage:

Store with seal at regular temperature, storage period: 1 week.



Methods:



1 Peel them off.

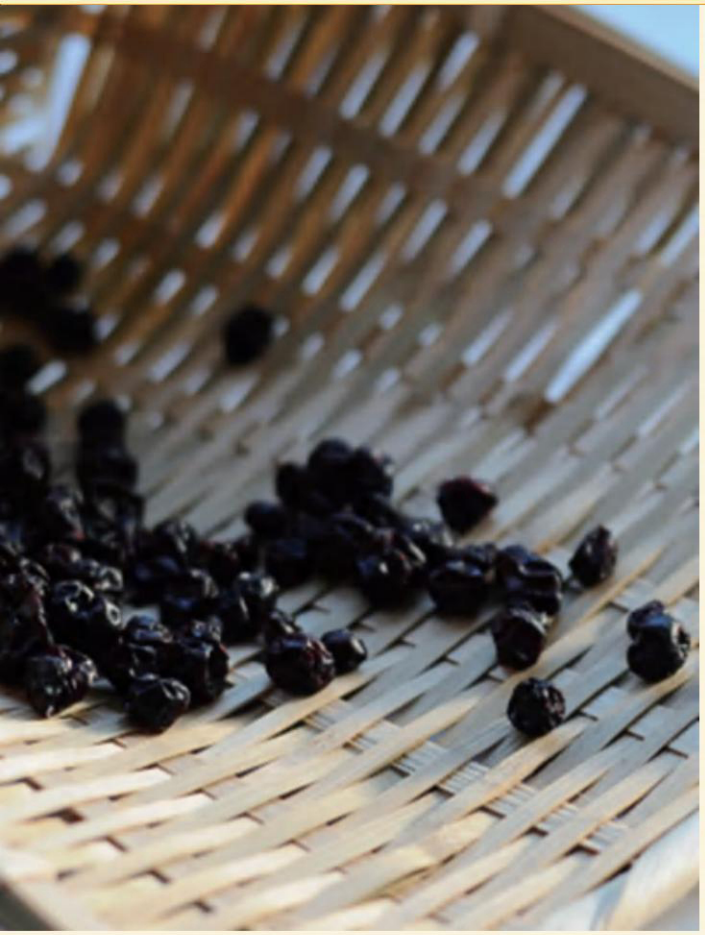


2 Cut them into slices with 3mm, put them on trays.



3 Temperature: 55 degrees, Timing: 7-9 hours.

Dried Blueberry



Raw Material:

Blueberry---a certain amount

Storage:

Store with seal at regular temperature, storage period:2 weeks.

Methods:



1 Prepare all the blueberries, wash and dry out.



2 Lie all the blueberries on trays.



3 Temperature: 70 degrees, Timing: 12-15 hours. Store them with seal after well dehydrated.

Dried Passion Fruit

Raw Material:

Passion Fruit—
a certain amount

Storage:

Store with seal at regular temperature, storage period:2 weeks.



Methods:



1 Prepare the fresh passion fruits.



2 Take out the pulp.



3 Put the silicone pads on the tray, put the pulp into the molds.



4 Temperature: 65 degrees, Timing: 8-10 hours. Store them with seal at regular temperature after well dehydrated.

Vegetables & Fruit Melts



Raw Material:

Fruits/vegetables juicy---60g
Egg whites---4 pcs
Milk powder---50g
Starch---15~30g
White sugar/powdered sugar*4g

Notes

No sugar for 1 week baby.

Storage:

store with seal at regular temperature, storage period:1 month.

Methods:



1 Mix red dragon fruit juicy with milk powder.



2 Sifting them.



3 Put some drops of lemon juicy into egg whites, and mix with white sugar/powdered sugar.



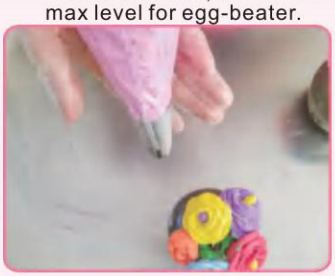
4 Mix around like above picture, then add starch, turn on the max level for egg-beater.



5 Make it a bit mushy like above picture.



6 Pour the mixed red dragon fruit juicy into the well mixed starch, mix again.



7 Choose a middle size pastry tube and put the well mixed cake into pastry bag.



8 Squeeze out the melts.



9 Temperature:70 degrees, Timing: 2 hours.Preheat the melts for 10 minutes and then put them on trays. Store them with seal at regular temperature after well dehydrated.

Eggs Melts

Raw Material:

Egg yolk---3 pcs
Baby milk---18g
Lemon juicy---2 drops
White sugar/powdered sugar---4g

Storage:

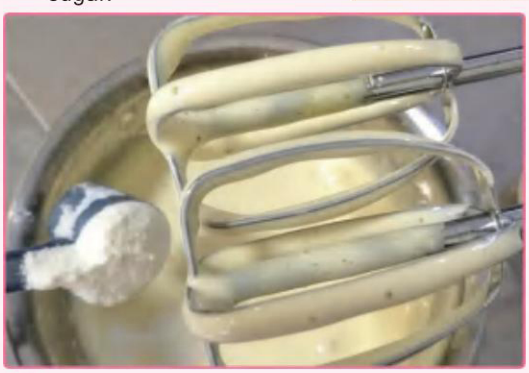
Store with seal at regular temperature, storage period: 1 month.

Methods:



1 Mixed the egg yolk + lemon juicy+ White sugar/powdered sugar.





2 Use an electric mixer to whisk egg whites until soft peaks form. And then add the baby milk. Mix again(can not use egg beater this time).



3 Pour them into pastry bag, cut a small opening or use a round pastry tube to squeeze 1-1.5cm melts. Temperature:80 degrees, Timing: 90-120minutes.

Protein Candy

Raw Material:

egg whites*105g

White sugar*15g (for mixed egg white)

White sugar*200g (for sugar water)

Water *60g (for sugar water)

Notes

Store with seal atonce when well dried, otherwise they will become soft but not taste crisp.

Storage:

Store with seal at regular temperature, storage period: 1 month.



Methods:



1 Put the thermometer into the boiler, pour the sugar water in it and boil.



2 Whisk egg whites until soft peaks form.



3 Boil the sugar water to 118 degrees, and pour the sugar water into the egg white, and keep whipping at the same time.



4 Keep whipping like above picture.



5 Pour half of it into the pastry bag, Mix the other with red food coloring and then pour into another pastry bag.



6 Put a silicone pads on the trays, and then squeeze on them.



7 Temperature:70 degrees, Timing: 8 hours.

Farfalle

Raw Material:

Flour---appropriate,Eggs---several
Cucumber, dragon fruit, pumpkin—appropriate

Storage:

Store with seal at regular temperature, storage period:3 days.

Methods:



1 Make juicy(Cucumber, dragon fruit, after steamed pumpkin).



2 Stir together the flour, egg and dragon fruit juicy, mix them until a dough with no lumps forms.



3 Stir together the flour, egg and cucumber or pumpkin juicy, mix them until a dough with no lumps forms.



4 Wrap them in the cling film for 30 minutes, then the dough become soft.



5 Roll the dough out with a rolling pin.

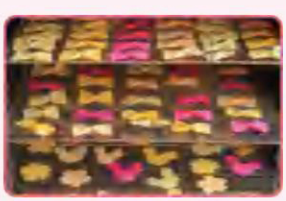


6 Cut them into biscuits squares.



7 Use molds to take shape.





8 Temperature:60 degrees, Timing: 1-1.5 hours.

Icing Sugar Cookies

Raw Material:

Cookies ingredients:
Butter---75g, Cake flour---150g
Egg---1pc, Powdered sugar---50g

Icing sugar ingredients:
Powdered sugar---230g
Warm water---35g
Protein powder---8g
Food colouring---appropriate

Storage:

Store with seal at regular temperature, storage period:3 months.

Methods:



1 Cut the butter into pieces and melt over at regular temperature. Add in powdered sugar gradually , whisk until milky white in color.



2 Add the eggs and mix well.



3 Add the sifted flour into the butter mixture.



4 Put the dough on the greaseproof paper and then put another greaseproof paper on it. Roll out the dough on a floured surface to 3-4cm thickness.



5 Cut the dough with biscuit molder.



6 Put the dougn into a baking pan and bake it for 15 minutes at 170 degrees.



7 Shift in protein powder and powder sugar, add some arm water to stir till fairly smooth. The more water is added,the softer the icing sugar become. The harder icing sugar can be used to decorate biscuits. The softer can be used to write.The softest can be applied to the base that makes up the cookie.



8 Put different icing sugar with different food colouring into different pastry bag.



9 Icing on the base, Temperature:30 degrees, Timing: 40 minutes. After well dried, decorate biscuits.



10 Dry them again for 1 hour with 30 degrees. Store them with seal at regular temperature after well dehydrated.



Fish Skin

Raw Material

Fish

Storage

Store with seal at regular temperature, storage period: 1 week.

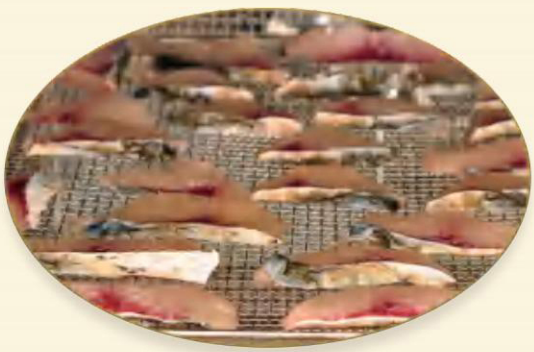
Methods:



1 Prepare the fresh fish.



2 Fillet the fish with 1cm thickness.



3 Temperature: 58 degrees, Timing: 3 hours. Till they have no moisture.



Pigskin

Raw Material

Pigskin---1000g



Storage

Store with seal at regular temperature, storage period: 1 week.

Methods:



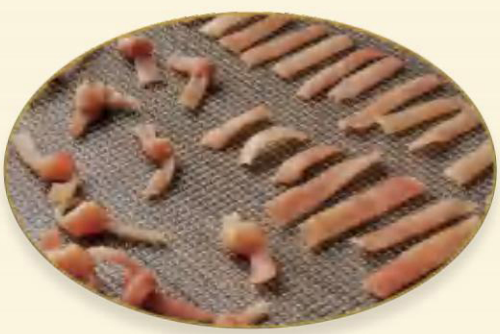
1 Clean and drain the pigskin.



2 Cook then remove the basting fat.



3 Cut them into slices, use a gauze to soak them in thewater and oil. Then tie a knot.



4 Temperature: highest degree, Timing: 6 hours. Till they become stiff.

Pork

Raw Material

Pork

Storage

Store with seal at regular temperature, storage period : 1 week.

Methods:



1 Clean and drain the lean pork.



2 Cut them into slices with 5mm.



3 Temperature: 58 degrees, Timing: 7 hours.



Chicken Roll With Vegetable And Fruit



Raw Material

Chicken---100g,
Carrot---100g

Storage

Store with seal at regular temperature, storage period: 1 week.

Methods:



1 Prepare the fresh chicken and carrots. Cut the chickeninto slices with 20 cm length and 1cm wide. Cut the carrots into slices with 7mm length.



2 Wrap the carrots in the chicken strips.



3 After 30 minutes'standing, the chicken can entangle well with the carrots.



4 Temperature:70 degrees,Timing:8 hours.Roll over the chicken rolls one time while dehydrating.

Chicken Thigh Strips

Raw Material

Chicken thigh

Storage

Store with seal at regular temperature, storage period: 1 week.

Methods:



1 Peel the chicken thigh off and remove their bones, cut them into strips with 1 cm length.



2 Put them on trays.



3 Temperature:58 degrees, Timing: 6 hours.



Chicken Breast



Raw Material

Chicken breast---appropriate

Storage

Store with seal at regular temperature, storage period: 1 week.

Methods:



1 Wash and peel off the chicken breasts.



2 Cut them into slices with 1 cm thickness.



3 Temperature: 70 degrees, Timing: 7-9 hours.

Duck Breast

Raw Material

Duck breast---appropriate

Storage

Store with seal at regular temperature, storage period: 1 week.

Methods:



1 Wash and peel off the Duck breasts.





2 Cut them into slices with 7mm thickness.



3 Temperature:70 degrees, Timing:7 hours.After cooling down, coldly store them with seal.

Salmon



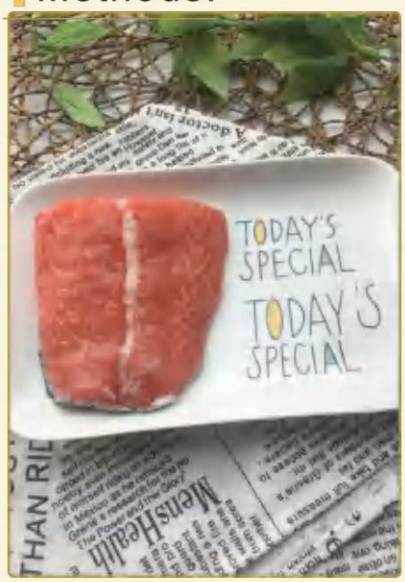
Raw Material

Salmon tail---appropriate

Storage

Store with seal at regular: temperature, storage period 15 days; cold store with seal , storage period: 1 month.

Methods:



1 Prepare the fresh salmon tails, wash and clean them.



2 Cut them into slices with 5-7mm, put them on trays.



3 Temperature: 90 degrees, Timing: 8 hours.

Duck Roll With Egg

Raw Material

Duck---appropriate;egg---several

Storage

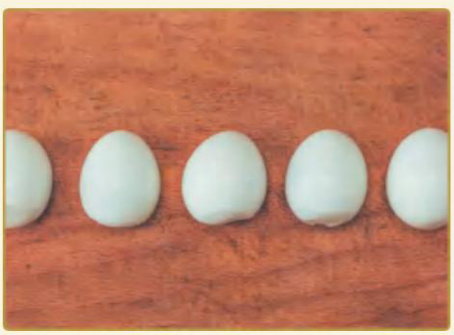
Cold store with seal , storage period: 3-4 months

Methods:



1 Boiled eggs.





2 Peel the boiled eggs.



3 Cut the duck into slices with 5mm thickness.



4 Wrap up the boiled eggs with duck.



5 Temperature: 90 degrees, Timing: 20 hours. After cooling down, coldly store them with seal.

Purple Potato Cake



Raw Material

Chicken, egg yolk, purple potato.

Storage

Store with seal at regular temperature, storage period: 1 month.

Methods:



1 Wash the chicken and purple potatoes. Peel off and cut up the purple potatoes,then steam them. Boil the eggs and take the egg yolk out.



2 Mix the cut-up chicken , purple potato and egg yolk.



3 Temperature: 90 degrees, Timing: 10 hours.

Chicken Donuts

Raw Material

Chicken---appropriate;
Egg yolk---appropriate;
Oatmeal---appropriate

Storage

Cold store with seal ,
storage period: 3-4 months

Methods:



1 Puree the chicken in a blender.





2 Make them doughnut-shaped,add some egg yolk or oatmeal on them.



3 Temperature:90 degrees,Timing:15 hours.After cooling down, coldly store them with seal.

Dusk With Cattle Cartilage



Raw Material

Dusk; cattle cartilage

Storage

Cold store with seal ,
storage period: 3 months

Methods:



1 Prepare the fresh dusk and cattle cartilages.



2 Cut the dusk into slices, roll the dusk with the cattle cartilages like above picture.



3 Temperature: 90 degrees, Timing: 20-30 hours. After cooling down, coldly store them with seal.

Chicken With Shark Cartilage& Sea Sedge



Raw Material

Chicken---appropriate;
Sea sedge---appropriate;
Shark cartilage---appropriate

Storage

Cold store with seal ,
storage period: 1 month

Methods:



1 Prepare the fresh chicken, shark cartilages, sea sedges.



2 Cut the chicken into slices, roll the chicken and sea sedges with the shark cartilages like above picture.



3 Temperature: 90 degrees,
Timing: 15-20 hours.

Chicken Sausage



Raw Material

Chicken---appropriate;
Hog casing---appropriate

Storage

Cold store with seal ,
storage period: 3~4 months

Methods:



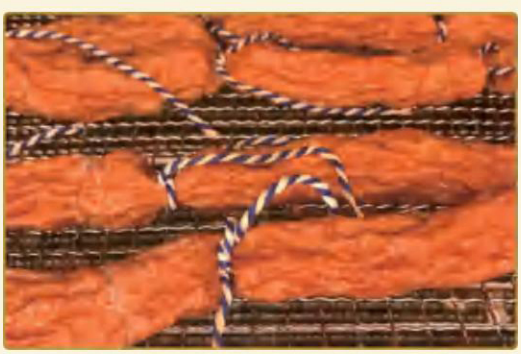
1 Puree the chicken in a blender.



2 Wash the hog casings.



3 Pour the chicken into the hog casings with funnels. Tie them tightly with ropes and prick every section.



4 Temperature: 90 degrees, Timing: 20 -30 hours. After cooling down, coldly store them with seal.

Honeysuckle

Raw Material:

Honeysuckle---appropriate

Tips:

Do not turn them over while dehydrating.They will be wetting back after well dried at the first time. Dry them again 1-2 days later.

Storage:

Cold store with seal , storage period: 3-4 months.

Methods:





1 Prepare fresh honeysuckles, take out all the leaves and keep the flowers.



2 Put them on trays.



3 Preheat them for 5-10 minutes. Temperature: 60 degrees, Timing: 3-4 hours.

Okra

Raw Material:

Okra---500g

Storage:

Store with seal at regular temperature, storage period: 3 months.

Methods:



1 Prepare fresh okras, the shorter ones are more tender, the harder ones are old and bright coloful.



2 Boiled them with salt for 3-5 minutes, drain and rinse them in cold water.



3 Temperature: 58 degrees, Timing: 8-12 hours. Till they become crisp and tasty.

Cucumber

Raw Material:

Cucumber---4 pcs



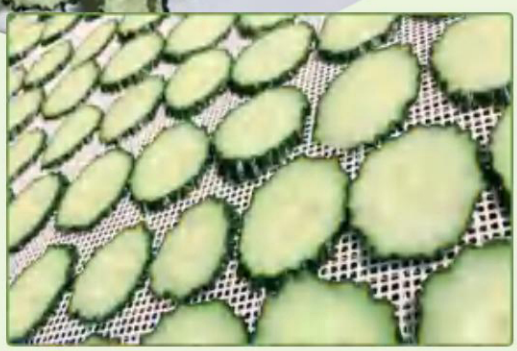
Storage:

Store with seal at regular temperature, storage period: 3 weeks.

Methods:



1 Prepare the fresh cucumbers, which have the small and thick thorns.



2 Use a slicer to cut them into 6mm slices.



3 Temperature: 58 degrees, Timing: 3-6 hours.



4 Store them with seal.

Ginger



Raw Material:

Ginger---1000g

Storage:

Store with seal at regular temperature, storage period: 1 month.

Methods:



1 Soak the gingers in water to remove residues of pesticides.



2 Cut them into 5mm slices.



3 Temperature: 70 degrees, Timing: 6-9 hours.

Chinese Yam

Raw Material:

Chinese yam---1000g

Storage:

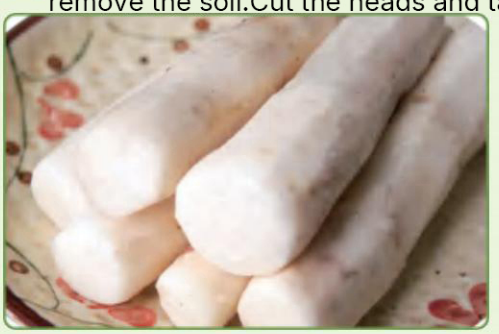
Store with seal at regular temperature, storage period: 3 months.

Methods:





1 Rinse the Chinese yam in clean water to remove the soil.Cut the heads and tails.



2 Peel them off.



3 Soak them in cold water.



4 Cut them into 4mm slices.



5 Temperature: 70 degrees, Timing: 6-9 hours. Turn over them one time while drying.

Pumpkin

Raw Material:

Pumpkin---1000g

Storage:

Store with seal at regular temperature, storage period: 2 months.

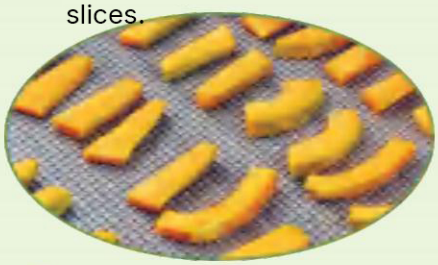
Methods:



1 Pick old pumpkins which taste sweeter.



2 Wash and peeloff.Remove the seeds,cut them into 1cm slices.



3 Temperature: 58 degrees, Timing: 6-8 hours.



4 Steam them for 10minutes.





5 Dehydrate them again. Temperature:58 degrees, Timing: 3-5 hours.

Radish

Raw Material:

Radish---1000g; salt---20g; pepper / garlic / vinegar / sesame oil / sugar---a little



Tips: Put a little chicken, the essence will taste better.

Methods:



1 Wash and remove them leaves and roots



2 Cut them into 1cm slices.



3 Put some salt on them and mix them well.



4 Rinse them with water after well pickled.



5 Drain the radishes.



6 Put them on trays.



7 Temperature: 58 degrees, Timing: 5-7 hours.



8 Prepare the pepper and garlic.



9 Mix all the ingredients with radishes.

Bitter Gourd

Raw Material:

Bitter gourd---2000g



Storage:

Store with seal at regular temperature, storage period:6 months.

Methods:



1 Wash the bitter gourds.



2 Cut them into 4mm slices.



3 Put them on trays.



4 Temperature: 58 degrees, Timing: 6-8 hours.

Sweet Potato



Raw Material:

Sweet potato

Storage:

Store with seal at regular temperature, storage period: 2 weeks.

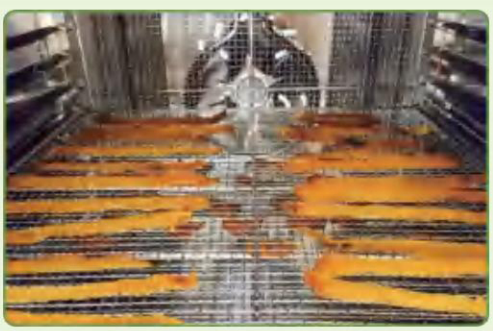
Methods:



1 Cut the sweet potatoes in half, steam them. Then peel them off and cut them into slices.



2 Temperature: 43 degrees, Timing: 3-6 hours.



3 Turn them over while drying.



4 Store them with seal.

Black Fungus



Raw Material:

Black fungus---500g

Storage:

Store with seal at regular temperature, storage period: 5 months.

Methods:



1 Prepared the fresh and good black fungus.



2 Wash but don't over soak them.



3 Temperature: 58 degrees, Timing: 3-5 hours.

Beans

Raw Material:

Different beans

Storage:

Store with seal at regular temperature, storage period: 1 year.

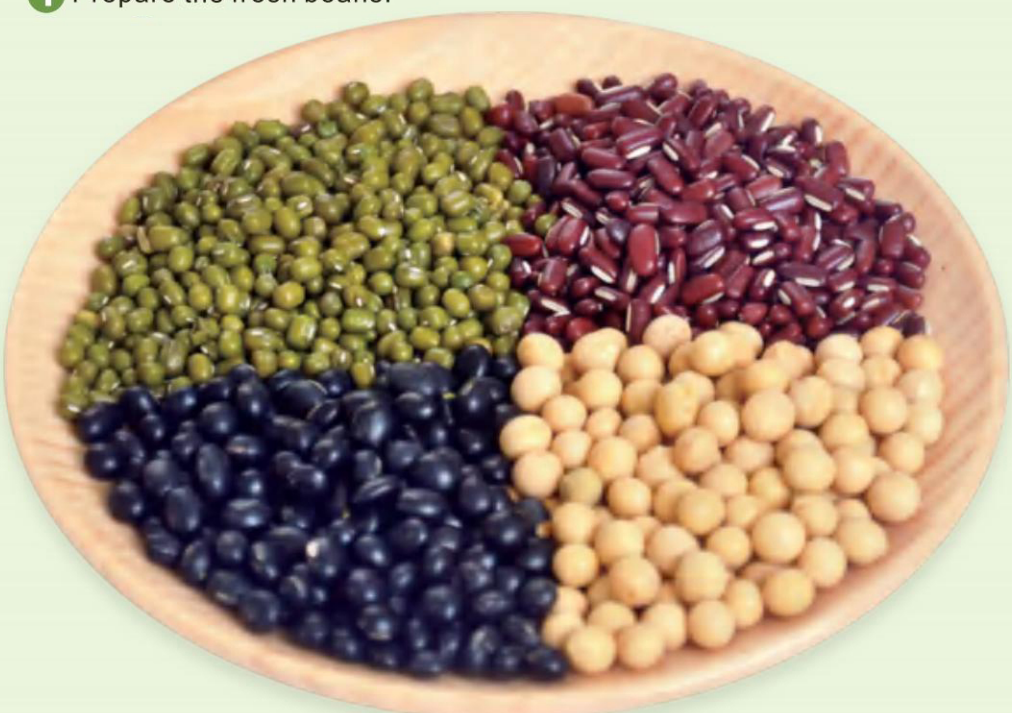
Methods:



1 Prepare the fresh beans.



2 Temperature: 70 degrees, Timing: 7-9 hours.



Long Bean

Raw Material:

Long beans---1500g

Storage:

Store with seal at regular temperature, storage period: 5 months.

Methods:



1 Remove and wash the stalks.



2 Put them on trays.



3 Temperature: 58 degrees, Timing: 5-8 hours.



Cabbage

Raw Material:

Cabbage---2000g

Storage:

Store with seal at regular temperature, storage period:4 months.

Methods:





1 Soak the dried cabbages in clean water for few minutes.



2 Cook them well.



3 Rinse them in cold water to keep fresh.



4 Put them on trays after drained.



5 Temperature: 70 degrees, Timing: 6-8 hours. Bigger cabbages take longer time.

Hot Pepper



Raw Material:

Hot pepper---500g

Storage:

Store with seal at regular temperature, storage period: 12 months.

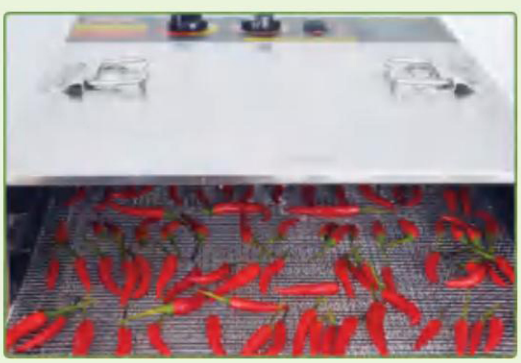
Methods:



1 Prepare fresh hot peppers with caps, wash and drain them.



2 Put them on trays.



3 Temperature: 58 degrees, Timing: 7-9 hours.

Drumstick



Raw Material:

Drumstick---1000g;
Spiced salt---moderation;
salt---a little

Storage:

Cold store with seal, storage period: 1 week.

Methods:



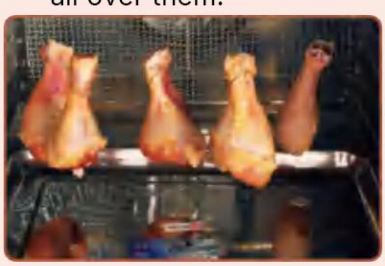
1 Clean with water. If they are not cleaned well, they will become dark after well dried.



2 Put spiced salt on drumsticks.



3 Put salt on drumsticks,coat all over them.



4 Remove all trays except the first tray, tie the legs with the trays by hanging. Temperature: 58 degrees, Timing: 24 hours.

Sea Fish

Raw Material:

Sea fish---500g; salt---50g

Storage:

Store with seal at regular temperature, storage period: 3 months.

Methods:



1 Prepare fresh sea fishes, cut off the scales and cut open the stomachs, remove everything inside.



2 Wash the fishes in clean water and rub salt into them.



3 Temperature: 70 degrees, Timing: 10-15 hours.



Dry Cooked Pork Stripe

Raw Material:

Pork---1500g
Salt---1 teaspoon
White sugar---3 teaspoon
Light soya sauce---4 teaspoon
Liquor---4 teaspoon
Curry powder---1 teaspoon
Five spice powder
---2 teaspoon
Cayenne pepper
---2 teaspoon





Storage:

Store with seal at regular temperature, storage period: 3 days.

Methods:



1 Boil the pork with water and liquor.



2 Boil them for 10 minutes till them well cooked.



3 Remove fat parts, cut the pork into 1.5cm slices.



4 Add all the spices in them.



5 Mix them well.



6 Stir-fry them until well combined.



7 Temperature: the highest, Timing: 1.5 hours.

Spiced Beef



Raw Material:

Beef shank---1000g, Spice---1 bag
Five spice powder---20g
Sugar---20g

Storage:

Store with seal at regular temperature, storage period: 3 days.

Methods:



1 Remove them tendon and cut the beef into slices.



2 Boil them in water.



3 Get them out.



4 Boil all the spice.



5 Put the beef into the boiled spice, boil them for 10minutes and leave them overnight.



6 The beef become tender and tasty.



7 Add the five spice power and sugar, mix them well and cure for 1 day.



8 Put them on trays.



9 Temperature: 70 degrees, Timing: 6 hours.

Shrimp

Raw Material:

Shrimp---250g; salt---10g

Storage:

Cold store with seal,
storage period: 3 months.

Methods:



1 Clean and trim the shrimps.





2 Add salt and shrimps into the wot with the boiling water.



3 Boil them for 4-5minutes.



4 Put them in trays.



5 Temperature: 70 degrees,
Timing: 6 hours.



6 The dried shrimps are tasty.

Sausage

Raw Material:

Pork with separable lean and fat---2000g
Casing for sausages---50g
Sugar---50g
Salt---20g
Dark soy sauce---10g
Light soya sauce---350g
Liquor---50ml



Storage:

Store with seal at regular temperature, storage period: 2 months.

Methods:



1. Wash and drain the pork, then cut them into pieces. Put all the spice it it.



2. Well mix and cure them for 8 hours.



3. Prepare the casings for sausages and strings. Use the sausage fillers to make sausages and tie them up. Each section should have 30cm length.



4. Stab some holes in the sausages in order to let the oil out while drying.



5. Remove all trays except the first tray, tie the sausage with the trays, hanging. Temperature: 50 degrees, Timing: 20 hours.



Preserved Meat

Raw Material:

Streaky pork---1500g, Sugar---50g
Dark soy sauce---10g, Light soya sauce---400g
Liquor---50ml, Garlic---20g

Storage:

Store with seal at regular temperature,
storage period: 2 months.

Methods:



1 Prepare meat and all the ingredient you need.





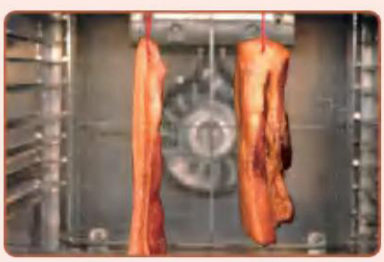
2 Mix them well.



3 Put them in refrigerator with seal.Cure them for 15 hours.



4 Cut the pieces of strings and thread them through the pork.



5 Remove all trays except the first tray, tie them with the trays by hanging.
Temperature:50 degrees,
Timing:15 hours.

Yogurt



Raw Material:

Milk---1000g; Power---200ml

Tips:

1.The yogurt container must be sterilized before fermentation.
2.Do not open the cap while fermenting.
3.The temperature for ferment is 35-45 degrees.
4.Cold store for yogurt, make it taste good.

Storage:

Store with seal at regular temperature, storage period: 3 days.

Methods:



1 Prepare milk and powder.



2 Wash the bowl with 100 degrees hot water.



3 Mix the milk with powder in 5:1 proportion.



4 Temperature: 45 degrees, Timing: 7 hours.



5 Put in refrigerator with seal for 8 hours. You can add some fruit on it.

Orange Slice With Chocolate

Raw Material:

Orange---3 pcs, Sugar---150g
Water---300g,
Black chocolate---some

Tips:

Please temper them when you use pure chocolate.

Storage:

Store with seal at regular temperature, storage period: 3 months.



Methods:



1 Wash the oranges with salt and then wash them it by water.



2 Cut them into 5mm slices.



3 Boil them with sugar.



4 Put the oil paper on them.



5 Boil them till the orange surface become translucent.



6 Drain out them on trays.



7 Temperature: 45 degrees, Timing: 3-4 hours.



8 Stick with chocolate, put them on oil paper.

Mango & Strawberry Roll



Raw Material:

Strawberry---250g

Mango---250g

Sugar A---50g

Sugar B---50g

Tips:

The timing depends on the thickness of the fruit puree.

Storage:

Store with seal at regular temperature, storage period: 1 week.

Methods:



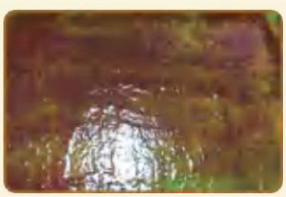
1 Cut the fruit into pieces and mix them with sugar. Coldly store for 4 hours for cure.



2 Strawberry: Boil and puree.



3 Mango: Boil and puree.



4 Mix the fruit puree.



5 Put them on trays.



6 Temperature: 43/49 degrees, Timing: 1-2 hours.



7 Roll them up after well dried.



8 Cut them up.

Banana &Milk Roll

Raw Material:

Banana---600g, Milk---250ml
Sugar---some

Storage:

Store with seal at regular temperature, storage period: 2 weeks.

Methods:



1 Prepare the fresh bananas, milk , silver paper and slicer.



2 Peel off the bananas, cut them into slices with the slicers.



3 Mix with milk and sugar.



4 Puree them with a blender.



5 Put a piece of silver paper on the tray spull the puree on the silver paper.Temperature:70 degrees,Timing:6 hours. Remove the silver paper and roll them up when they become 80% dry, then dry them again.



Hawthorn Long Coil



Raw Material:

Hawthorn---1000g, Sugar---some

Tips:

The timing depends on the thickness of the fruit puree.

Storage:

Store with seal at regular temperature, storage period 6: months.

Methods:



1 Wash and remove the stones. Put the sugar into the hawthrons.



2 Puree them with a blender which can heat the puree.



3 The color of puree is different from what we buy outside.



4 Pour them in trays.



5 Temperature: 70 degrees, Timing: 6 hours.



6 Roll them up after well dried.Then cut them into slices.



7 Pack them with cellophanes.