

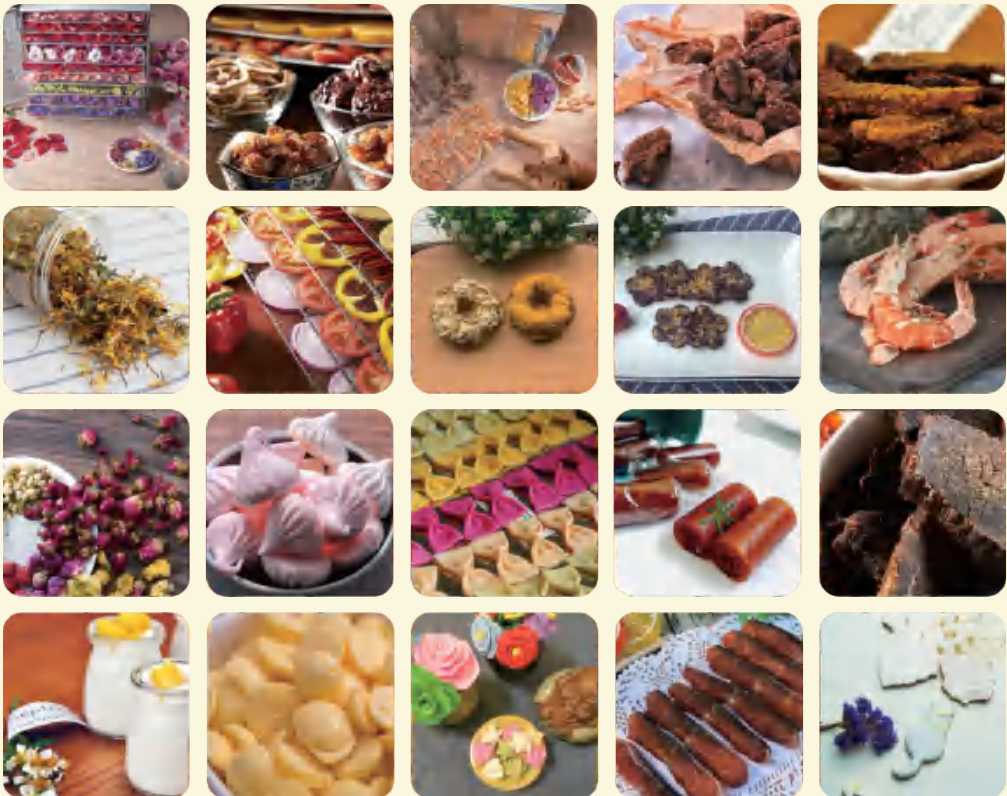
# Preface

## 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.



# Contents

## Fruit

Cherry Tomato .....	1
Peach .....	2
Hawthorn Slices .....	3
Mulberry .....	4
Grape .....	5
Apple .....	6
Longan .....	7
Red dragon fruit(Pitahaya) .....	8
Pineapple .....	9
Strawberry .....	10
Papaya .....	11
Hami melon .....	12
Carambola (star fruit) .....	13
Orange .....	14
Watermelon .....	15
Lemon .....	16
Grapefruit .....	17
Kiwi fruit .....	18
Banana .....	19
Mango .....	20
Blueberry .....	21
Passion fruit .....	22

## Baby Solid Food

Veggie & Fruit Melts .....	23
Eggs Melts .....	24
Protein Candy .....	25

Farfalle .....	26
Icing Sugar Cookies .....	27

## Pet Treats

Fish Skin .....	28
Pigskin .....	29
Pork .....	30
Chicken Roll With Vegetable And Fruit .....	31
Chicken Thigh Strips .....	32
Chicken Breast .....	33
Duck Breast .....	34
Salmon .....	35
Duck Meat Roll With Egg .....	36
Purple Potato Cake .....	37
Chicken Donuts .....	38
Dusk With Cattle Cartilage .....	39
Chicken With Shark Cartilage & Sea Sedge .....	40
Chicken sausage .....	41



# Contents



## Scented Tea

Honeysuckle ----- 42

## Vegetable

Okra ----- 43

Cucumber ----- 44

Ginger ----- 45

Chinese yam ----- 46

Pumpkin ----- 47

Radish ----- 48

Bitter Gourd ----- 49

Sweet potato ----- 50

Black fungus ----- 51

Beans ----- 52

Long Bean ----- 53

Cabbage ----- 54

Hot Pepper ----- 55

## Meat

Drumstick ----- 56

Sea Fish ----- 57

Cooked Pork Stripe ----- 58

Spiced Beef ----- 59

Shrimp ----- 60

Sausage ----- 61

Preserved Meat ----- 62

## Snack

Yogurt ----- 63

Orange Slice With Chocolate ----- 64

Mango & Strawberry Roll ----- 65

Banana & Milk Roll ----- 66

Hawthorn Long Coil ----- 67



# Dried Cherry Tomato

## Raw Material:

Cherry Tomato---1000g

## Storage:

Store with seal at regular temperature, storage period one month.

## Methods:



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



- 2 Cut in half.



- 3 Keep the cut side up and put them on the tray.



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

# Dried Peach

## Raw Material:

Peach---5pcs

## Storage:

Store with seal at regular temperature, storage period one month.

## Methods:



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



1 Prepare 5 pcs peach, wash and peel off.

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 hawthorn.



2 Stones removed.



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



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

# Dried Mulberry

## Raw Material:

Mulberry---2000g

## Storage:

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

## Methods:



- 1 Fresh mulberry, wash by clean water, let it soak for 10 mins in water.



- 2 Dry out and put 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 one month.

## Methods:



1 Steep grape in brine.



2 Dry out and put 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 one month.

## Methods:



**1** Washed apple and cut into slices (apple skin can be peel off or not peel off).



**2** Apple slices is 4mm. Steep apple slices in brine for 5 mins.



**3** Dry out and put on the tray.



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

# Dried Longan

## Raw Material:

Longan ---2000g

## Storage:

Store with seal at regular temperature, storage period one month.

## Methods:



1 Fresh longan.



2 Peel off and Stones removed. Cut it half if the flesh is big.



3 Put 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.

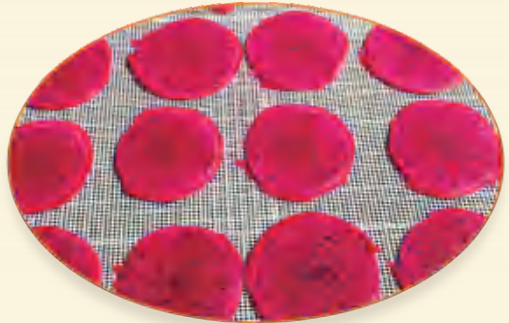
## Methods:



- 1 Fresh red dragon fruit with smooth surface, and check the root if it rotten.



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



- 3 Put 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 off and cut slices with 10mm. In a clean basin, add warm water and add the right amount of salt to make the brine.



- 2 Steep pineapple slices in warm brine for 20 minutes.



- 3 Dry out and put 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 one month.

## Methods:



**1** Wash and steep strawberry in brine for 10 minutes.



**2** Capped and Cut into slices with 4mm-5mm.



**3** Temperature: 70 degrees, Timing: 5 hours.



**4** After cooling down, cold store with seal.

# Dried Papaya



## ❏ Raw Material:

Papaya---1pc,

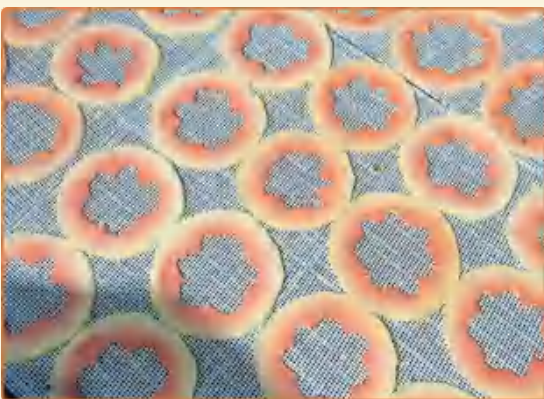
## ❏ Storage:

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

## ❏ Methods:



❶ Fresh papaya.



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



❸ Temperature: 60 degrees, Timing: 9 hours.

# Dried Hami Melon

## ❖ Raw Material:

Hami melon---1pc,

## ❖ Storage:

Store with seal at regular temperature, storage period one month.

## ❖ Methods:



❶ Fresh hami melon.



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



❸ 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 one month.

## ❖ Methods:



- ❶ Fresh carambola (star fruit), wash and steep in brine for few minutes.



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



- ❸ Temperature: 58 degrees, Timing: 7-9 hours. Timing should depends 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 orange with salt, then cut the head and the tails of the orange.



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



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

# Dried Watermelon



## Raw Material:

Watermelon---1pc,

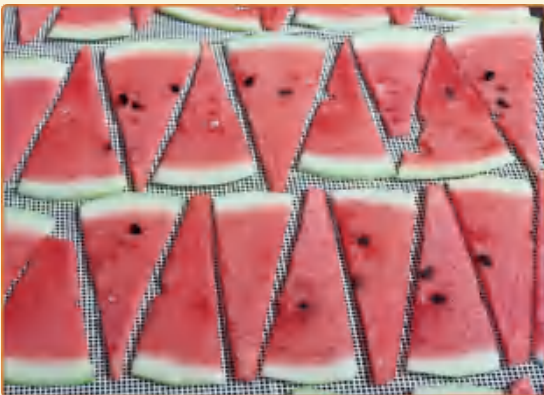
## Storage:

Store with seal at regular temperature, storage period one month.

## Methods:



1 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 depends 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:



❶ Pick fresh and good lemon.



❷ Clean with salt and peel off.



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



❹ Temperature: 55 degrees, Timing : 13-15 hours. Make it completely dry and without moisture in lemon 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 head and the tails of the orange.



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



- 3 Temperature: 55 degrees, Timing: 14-16 hours. Timing should depends on the size and thickness of the slices. Store 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 fresh kiwi fruits.



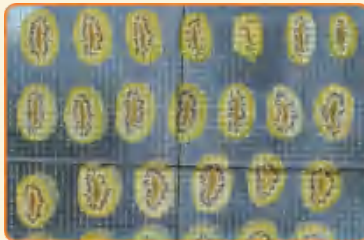
2 Peel off.



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



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



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



6 Well dried kiwi fruit looks delicious.



# Dried Banana



## Raw Material:

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

## Storage:

Store with seal at regular temperature, storage period one month.

## Methods:



1 Fresh banana & lemon.



2 Makes fresh orange juice.



3 Cut banana into slices with 5mm.



4 Put the banana slices into orange juice.



5 Lie all the banana slices on trays.



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



7 Taste it.

# Dried Mango

## Raw Material:

Mango—1500g

## Storage:

Store with seal at regular temperature, storage period one week.

## Methods:



**1** Peel off.



**2** Cut into slices with 3mm, put 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** Fresh blueberry, wash and dry out.



**2** Lie all blueberry on trays.



**3** Temperature: 70 degrees, Timing: 12-15 hours. Store 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 Fresh passion fruit.



2 Take out the pulp.



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



4 Temperature: 65 degrees,  
Timing: 8-10 hours. Store 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.

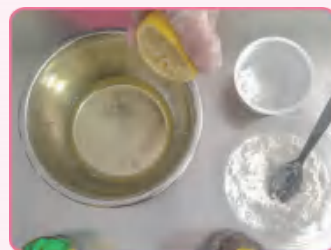
## Methods:



1 Mixed red dragon fruit juicy with milk powder.



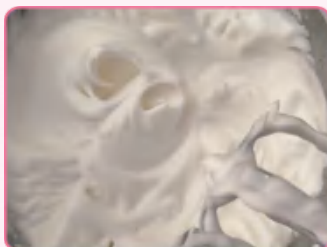
2 Sifting.



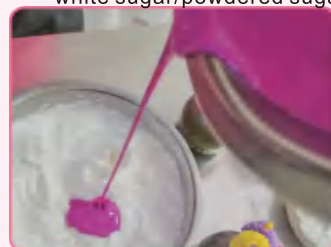
3 Put some drops of lemon juicy into egg whites, and mixed with white sugar/powdered sugar.



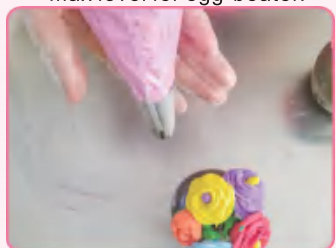
4 Mix around like above picture, then add starch, turn on the max level for egg-beater.



5 Make it a bit mushy like above picture.



6 Pour the mixed the red dragon fruit juicy into the well mixed starch, mixed 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. Preheating for 10 minutes and then put the melts on trays. Store 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. Mixed again(can not use egg beater this time).



**3** Pour 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 at once when it well dried, otherwise it will become soft and 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, the other mixed with red food coloring and then pour into another pastry bag.



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



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 until a dough with no lumps forms.



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



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



- 5** Roll the dough out using a rolling pin.



- 6** Cut 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 in 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 into a baking pan and bake it 15 minutes at 170 degrees.



**7** Shift in protein powder and powder sugar, add

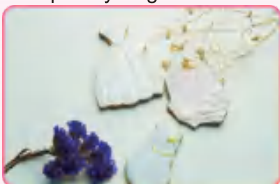
some arm water to stir till fairly smooth. More warm water be added, the icing sugar become softer. The harder icing sugar can be used to decorate biscuits. The softer can be used to write. The softest can be applied to the base that makes up the cookie.



**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** Dried again for 1 hour with 30 degrees. Store 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 fresh fish.



2 Fillet the fish with 1cm thickness.



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



# Pigskin

## Raw Material

Pigskin---1000g

## Storage

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

## Methods:



**1** Clean and drain pigskin.



**3** Cut into slices, use gauze to soaked in the water and oil. Then tie a knot.



**2** Cook then remove basting fat.



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

# Pork

## Raw Material

Pork

## Storage

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

## Methods:



2 Cut into slices with 5mm.



3 Temperature: 58 degrees, Timing: 7 hours.

1 Clean and drain lean pork.



# 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 fresh chicken and carrot. Cut the chicken into slices with 20 cm length and 1cm wide. Cut the carrot into slices with 7mm length.



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



- 2 Chicken strips wrapped in carrot.



- 4 Temperature: 70 degrees, Timing: 8 hours. Roll over the chicken roll 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 off and remove bones, cut to strips for 1 cm length.



- 2 Put 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 breast.



- 2 Cut into slices for 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 breast.



- 2 Cut into slices for 7mm thickness.



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

# Salmon

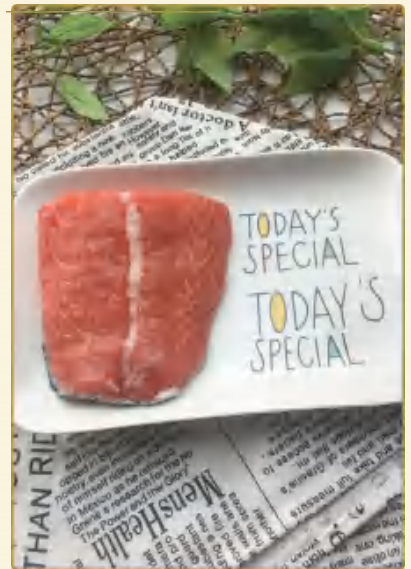
## Raw Material

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 fresh salmon tail, wash and clean.



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



- 3 Temperature: 90 degrees, Timing: 8 hours.

# Duck Roll With Egg

## Raw Material

Duck---appropriate;egg---several

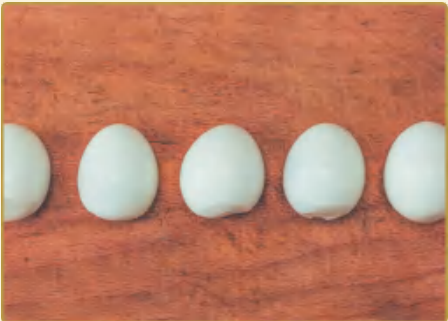
## Storage

Cold store with seal , storage period 3-4 months

## Methods:



1 Boiled eggs.



2 Peel the boiled egg.



4 Wrapped up the boiled egg with duck.



3 Cut the duck into slices with 5mm thickness.



5 Temperature: 90 degrees, Timing: 20 hours. After cooling down, cold store 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 chicken and purple potato. Peel off and cut up purple potato, then steam it. Boiled eggs and take egg yolk out.



**2** Mixed 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 chicken in a blender.



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



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

# Dusk With Cattle Cartilage



## ❏ Raw Material

Dusk; cattle cartilage

## ❏ Storage

Cold store with seal ,  
storage period 3 months

## ❏ Methods:



- 1 Prepare fresh dusk and cattle cartilage.



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



- 3 Temperature: 90 degrees, Timing: 20-30 hours. After cooling down, cold store 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 fresh chicken, shark cartilage, sea sedge.



**2** Cut the chicken into slices, roll the chicken and sea sedge with the shark cartilage 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:



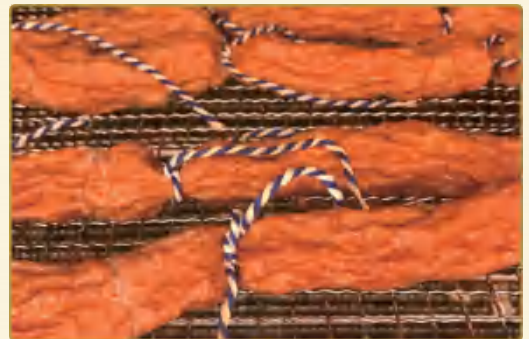
**1** Puree chicken in a blender.



**2** Wash hog casing.



**3** Pour the chicken into hog casing with funnel. Tie tightly with rope, and prick it every section.



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

# Honeysuckle

## ❖ Raw Material:

Honeysuckle---appropriate

## ❖ Tips:

Do not turn over when it dehydrating. It will wetting back after well dried at the first time. Dried it again 1-2 days later.

## ❖ Storage:

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

## ❖ Methods:



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



- 2 Put on trays.



- 3 Preheat 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 okra, shorter one is more tender, the harder one is old and have bright-colored .



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



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

# Cucumber

## Raw Material:

Cucumber---4 pcs

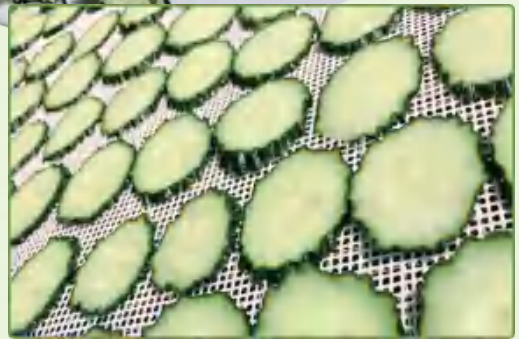
## Storage:

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

## Methods:



1 Prepared fresh cucumber, which have small and thick thorn.



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



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



4 Store with seal.

# Ginger



## ❏ Raw Material:

Ginger---1000g

## ❏ Storage:

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

## ❏ Methods:



**1** Soak the ginger in water to remove residues of pesticides.



**2** Cut 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 Rinsing in clean water to remove soil. Cut the head and tail.



- 2 Peel off.



- 3 Soak in cold water.



- 4 Cut into 4mm slices.



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

# Pumpkin

## Raw Material:

Pumpkin---1000g

## Storage:

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

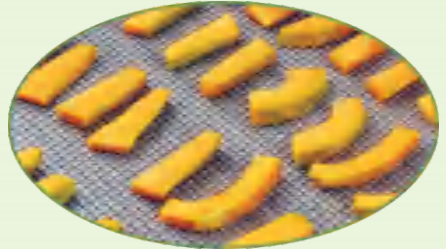
## Methods:



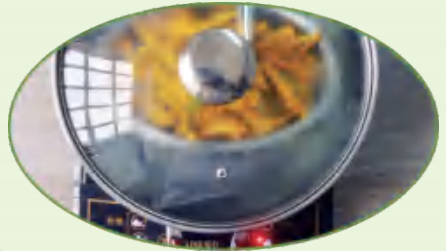
1 Pick old pumpkin which taste sweeter.



2 Wash and peel off. Remove the seed, cut into 1cm slices.



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



4 Steam for 10minutes.



5 Dehydrate 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  
essence will taste  
better.

## Methods:



**1** Wash and remove leaves  
and roots.



**2** Cut into 1cm slices.



**3** Put some salt on it and mix  
it well.



**4** Rinse with water after well  
pickled.



**5** Drain the radish.



**6** Put on trays.



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



**8** Prepare pepper and  
garlic.



**9** Mixed all the ingredient  
with radish.

# Bitter Gourd

## Raw Material:

Bitter gourd---2000g

## Storage:

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

## Methods:



1 Wash the bitter gourd.



2 Cut into 4mm slices.



3 Put 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 in half, steam it. Then peel off and cut into slices.



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



**3** Turn over while drying.



**4** Store with seal.

# Black Fungus



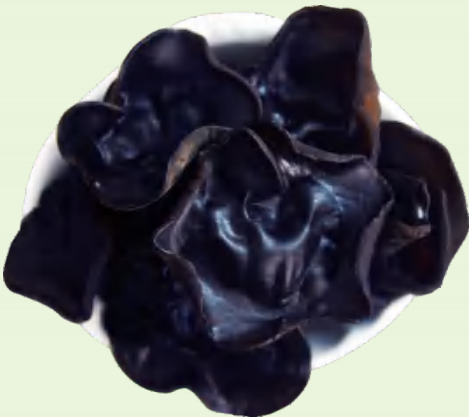
## Raw Material:

Black fungus---500g

## Storage:

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

## Methods:



**1** Prepared fresh and good black fungus.



**2** Wash but not over soak.



**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 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 stalks and wash.



2 Put 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 dried cabbage in clean water for few minutes.



- 2 Cook it well.



- 3 Rinse in cold water to keep fresh.



- 4 Put on trays after drained.



- 5 Temperature: 70 degrees, Timing: 6-8 hours. Bigger cabbage takes longer time.

# Hot Pepper



## ❖ Raw Material:

Hot pepper---500g

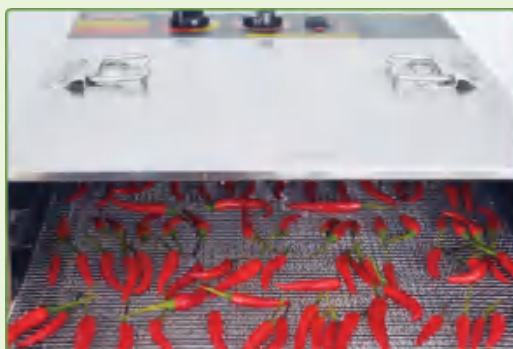
## ❖ Storage:

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

## ❖ Methods:



**2** Put on trays.



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

**1** Prepare fresh hot pepper with capped, wash and drain.

# 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 not clean it well, it become dark after well dried.



- 2 Put spiced salt on drumstick.



- 3 Put salt on drumstick, coat all over.



- 4 Remove all trays except the first tray, tie the legs with the trays, 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 fish, cut off the scales and cut open the stomach, remove everything inside.



- 2 Wash the fish 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 with water and liquor.



**2** Boil for 10 minutes till the pork well cooked.



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



**4** Add all the spices in it.



**5** Mixed well.



**6** Stir-fry 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 tendon and cut into slices. **2** Boil in water.



- 3** Get it out.



- 4** Boil all the spice.



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



- 6** The beef become tender and tasty.



- 7** Add the five spice powder and sugar, mixed well and cure for 1 day.



- 8** Put 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 pot with boiling water.



**3** Boil for 4-5 minutes.



**4** Put in trays.



**5** Temperature: 70 degrees,  
Timing: 6 hours.



**6** The dried shrimp is 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 into pieces. Put all the spice it it.



- 2 Well mixed and cure for 8 hours.



- 3 Prepare casing for sausage and string. Use sausage filler to make sausage and tie up. Each section should have 30cm length.



- 4 Stab some holes in the sausage 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.



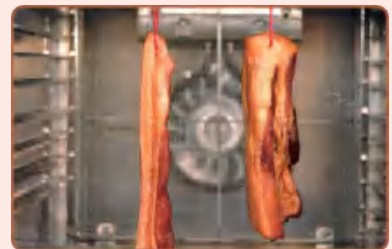
- 2 Mixed well.



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



- 4 Cut a piece of string and thread it through the pork.



- 5 Remove all trays except the first tray, tie with the trays, 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 tempering when you use pure chocolate.

## Storage:

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

## Methods:



**1** Wash the orange with salt and then wash it by water.



**2** Cut into 5mm slices.



**3** Boil with sugar.



**4** Put the oil paper on it.



**5** Boil till it orange surface become translucent.



**6** Drain and out on trays.



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



**8** Stick with chocolate, put on oil paper.



# Mango & Strawberry Roll



## Raw Material:

Strawberry---250g

Mango---250g

Sugar A---50g

Sugar B---50g

## Tips:

The timing is depends on the thickness of the fruit purees.

## Storage:

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

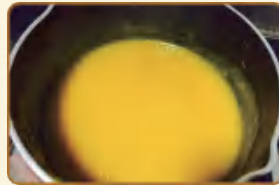
## Methods:



**1** Cut the fruit into pieces and mixed with sugar. Cold store for 4 hours for cure.



**2** Strawberry: Boil and puree.



**3** Mango: Boil and puree.



**4** Mixed the fruit puree.



**5** Put on trays.



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



**7** Roll it up after well dried.



**8** Cut it 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 fresh banana, milk, silver paper and slicer.



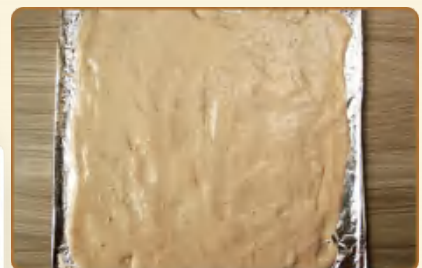
- 2 Peel off the banana, cut into slices with slicer.



- 3 Mixed with milk and sugar.



- 4 Puree with a blender.



- 5 Put a silver paper on the trays, pull the puree on it. Temperature: 70 degrees, Timing: 6 hours. Remove the silver paper and roll it up when it become 80% dry, then dry again.



# Hawthorn Long Coil



## Raw Material:

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

## Tips:

The timing is depends on the thickness of the fruit purees.

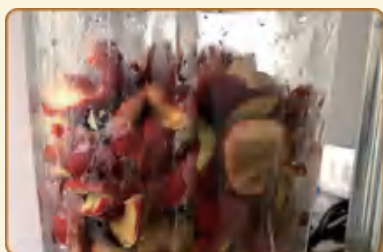
## Storage:

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

## Methods:



- 1 Wash and remove the stones. Put sugar into it.



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



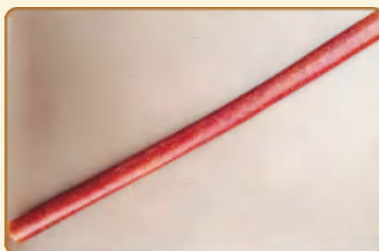
- 3 The color of puree is different from what we buy outside.



- 4 Pour in trays.



- 5 Temperature: 70 degrees, Timing: 6 hours.



- 6 Roll it up after well dried. Then cut into slices.



- 7 Pack it with cellophane.