Freeze-dried food

Detail Introduction :

Fruits and vegetables provide people with nutrients such as vitamins. In order to extend the shelf life of the people have developed, sun-dried, dried, pickled, and canned fruit methods, but like vitamins, they have p to withstand high temperatures. Once it encounters high temperatures, it will suffer serious losses. Therefo people who are full of wisdom have developed a low-temperature processing technology - freeze-drying te

Freeze-dried food is loose in structure, easy to absorb moisture in the air, and can be restored to its origin after absorbing water, so after freeze-drying, pay attention to the packaging, usually in vacuum or nitrogen If the freeze-dried food you buy does not have the above preservative measures, it will come into contact w oxygen in the air, and it will rot in a relatively short period of time like before freeze-drying. Therefore, it is recommended to eat it as soon as possible after opening, Or vacuum, seal and freeze it in the refrigerator.

But as long as it is freeze-dried and stored with nitrogen, it can be stored for a long time without opening th package. Take dried apples as an example, the shelf life of dried apples filled with nitrogen after freeze-dry be as long as 18 months.