

Freeze-dried food

Detail Introduction :

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



Freeze-dried food is loose in structure, easy to absorb moisture in the air, and can be restored to its original state after absorbing water, so after freeze-drying, pay attention to the packaging, usually in vacuum or nitrogen storage. If the freeze-dried food you buy does not have the above preservative measures, it will come into contact with 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 store 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 the package. Take dried apples as an example, the shelf life of dried apples filled with nitrogen after freeze-drying can be as long as 18 months.