

DRIED FRUITS AND HEALTHY DIET



Table of contents

1. Abstract

2. Introduction

3. Core contents

3.1. The origin and meaning

3.2. Classical Quartet

3.3. Nutrition

3.4. The benefits of organic production

4. Put into practice

4.1. Production of dried fruit at home

4.2. Recipes with dried fruits

5. Further readings

6. Bibliography

The Unity

Title	Dried Fruits and Healthy Diet
Area	organic diet
Main Target Audience	The end users of the module are ... <ul style="list-style-type: none"> ➤ Students of the participant institutions ➤ Trainers in the partner' institutions ➤ Consumers' associations ➤ Parents of minors and pregnant women
Description of the module and general aims	This module allows the participant to understand ... The origin and meaning of dried fruits The most widespread dried fruits - Classical Quartet Nutrition values of several dried fruits The benefits of organic production Production of dried fruit at home Traditional BG recipes with dried fruits
Learning Time and Duration	Learning time and maximum duration for the training related to the module: The maximum duration of training is 24 hours, distributed as follows - 8 hours of theoretical training; 8 hours for visits (farms, processors, markets) and 8 hours of practical work.
Learning Objectives	Specific learning goals, i.e. what is going to be trained and will be learnt by the target after a successful completion of this module. Once you have completed this course you will be able to: importance of dried fruits; features of dried fruits; what benefits of consumption of dried fruits for health; how to prepare dried fruits at home and recipes with them.
Competences achieved	Specific competences related to the project theme knowledge about values of dried fruits; how to dry fruits and use them.
Pedagogical methods used (selfstudy, group work, distance learning, etc.)	Type of activities considered useful for the training of this module: · Theoretical learning /blended learning/: - face to face; - online learning. · Practical learning: - workshop; - self study.

1. Abstract

This unit is structured into two main sections: (1) Meanings of dried fruits and their nutritive value and benefits of organic products and (2) Home made of dried fruits and Traditional recipes with them.

In the first section the basic knowledge of origin and meanings of dried fruits are presented. There are four varieties of dried fruits which are known as the classical quartet. The nutrition values of dried fruits are suitable for healthy diet. But they must be produced in organic way. The second section consists on how to make dried fruits at home and the presentation of traditional Bulgarian recipes with dried fruits.

Keywords:

Dried fruits, nutritive value, vitamins, minerals, benefits, home made, dried fruits for Christmas Eve

2. Introduction

Dried fruits should be a mandatory part of the menu of people who want to lead a healthy lifestyle, researchers advise. Dried fruits provide normal metabolism, and better performance of the heart and blood vessels.

The list of recommended dried fruits scientists include dates, figs, raisins, apricots, apples, prunes. These fruits contain a lot of fiber, which has a low glycemic index. Because of this dried fruit maintains optimal metabolism and acts prophylactically for problems with metabolism.

Dried fruits contain a huge amount of antioxidants and are therefore useful not only for the heart, but also for the treatment of inflammation and cancer. They are a great option for everyone who wants to normalize its weight, because not only optimize metabolism, but also contain less sugar, they are comfortable to eat and can be used as a snack in the office.

Section I

3. Core contents

3.1. The origin and meaning

Dried fruits are a true treasure in the world of food, often underestimated or forgotten. Remarkably tasty and useful food rich in simple sugars - mainly fructose and glucose, and they are a very high-energy. Friendly technologies for drying fruit retain vitamins and minerals much better than any method of preservation, and with it reduce the water content - dried fruits have up to four or five times greater concentration of vitamins and minerals compared to fresh.

To extend the taste of summer or just to preserve a few months surplus fruit - people did it by instinct always. Moisture in the fruit evaporates from the sun and air, which stops the growth of microorganisms that cause decay and deterioration - it was hard to get to this insight through encounter and experience and the most ancient human communities.

Because of their sweetness, good food and healthy qualities, magnificent flavor and attractive shapes and colors dried fruits from time immemorial have been a symbol of abundance and prosperity. Suffice it to recall the role of oshafa and raisins in a ritual meal for Christmas Eve in our Orthodox tradition.

The oldest mention of dried fruits in Mesopotamian cuneiform tablets containing probably the oldest recorded recipes discovered by archaeologists. In all the ancient Mediterranean civilizations are part of the culinary traditions and the constant presence of the rich feast. In medieval Europe also became an important ingredient in the menu, especially the wealthy and aristocrats that eating different tart with a filling of beef with prunes and dates, salted fish cooked with figs and raisins and duck with stone fruits.

Large stuffed cakes contain a mixture of beef and hen meat, eggs, dates, prunes and raisins, generously seasoned with spices. In Armenia, Turkey and all countries in the Middle East and the Maghreb, where the culture of dried fruit is particularly strong, cook lamb with prunes, apricots, almonds, honey and spices, and chicken - with prunes, quinces, dates or raisins.

The inclusion of fruits such as prunes, apricots, raisins, and many others, in meat dishes and game adds exceptional character and nobility of taste. The sweet taste should prevail, but adds depth and tenderness of the meat - just the secret is in the right balance of ingredients and spices. A lot of people frown at the thought of beef or lamb with prunes for example, but no reasonable person who does not like such a dish, if cooked and finely mastered. Third

Moroccan lamb with prunes, is among the most appetizing dishes from the rich cuisine of the Maghreb.

Fresh fruits are undoubtedly superb food, but they are seasonal and definitely not advisable to eat cherries and melons in January - surely they have come thousands of miles to get to us, which in turn follows that are picked ripe and poorly are treated with chemicals to extend their fitness. Therefore, dried fruits are a wonderful way to replace missing fresh seasonal and local fruits.

In properly dried fruit balance of vitamins and trace elements - calcium, iron, potassium, sodium, and magnesium, is the unique straight. Experts say that if a person eats each day about 150 g cocktail of dried fruit - prunes, figs, apricots, raisins or sliced apple, pear, pineapple, melons ... forever would forget about any problems with the gastrointestinal tract. And also that only five medium dried apricots contains all iron dose needed to maintain hemoglobin and calcium - a fact which in particular greatly affects people with sedentary lifestyles.

Dried fruits are rich in easily absorbable fructose, which meets the needs of sweet and does not bring harm. And another their advantage - they are light, do not take up space and are extremely good choice for food for hikers and athletes.

An idea of the overall hierarchy of fruit according to their content of antioxidants gives the study team from State University Tufts focused on their ability to absorb free radicals without fruit is divided into fresh and dried. Here's the beginning of the list: prunes, raisins, blueberries, strawberries, raspberries, plums, oranges, grapes, cherries. For some reason, however, this study does not include figs and dried their option, according to a report in the "Journal of American Nutrition", even shifting prunes in the first place.

Undoubtedly purely practical reasons, smaller fruit, which can be dried whole or halved, have become the stars of the group. Another reason can be found in the fact that "classical quartet" consists of the most typical fruits of the lands around the Caspian Sea, the Middle East and North Africa, where the most powerful has become their culture. However, dried apples, pears, quinces, cherries, sour cherries, berries and exotic fruits also have their important place in cooking and can also boast great taste bunch of useful features and capabilities in the kitchen.

Traditions and warnings

Unfortunately, even when it comes to such a valuable natural products should be affected and some serious problems. Yes, dried fruits are tasty and useful food, but only if they are dried properly if they are not treated with chemicals and no added sugar.

Millennia fruits are dried or sun or air flow in special ventilated buildings - dryers, or wind tunnel. Today they still use traditional methods, but large firms have modern facilities for drying, and already marketed and home electrical appliances that do a great job.

The market is full of shiny golden raisins, bright orange dried apricots and supersladki and fleshy cranberries. Only in dried fruits should definitely look "ugly duckling." Because alluring appearance is most often the result of smoking apricots and raisins with sulfur dioxide, which enhances the color and prolongs them. Residues of this substance are minimal, but doctors do not recommend the use of the processed products.

Plums, apricots and raisins sometimes dried in an accelerated method in gasoline or gas furnace at high temperature and the taste becomes a shade of gasoline, surface cracks and nutrients in them disappear. Another result of misunderstood our civilization soak prunes in sleazy oil or processing with glycerin - the objective is, of course, gain deliciously shiny and soft appearance.

Part of the dried fruits in the market as cranberries, pineapple, mango, papaya, pears and other are not actually real dried fruit, candied and are then dried.

The good news is that manufacturers can no longer hide the composition of the product offered, so that the labels contain accurate data. When buying dried fruit in bulk, you should require further information about the origin and their way of working as dealers are required to have and provide. If you trust your senses, it should not be forgotten: the quality and safety dried fruits are unattractive appearance - they are dark and shriveled, but full of flavor and health.

3.2. CLASSICAL QUARTET

Raisins

They are a perfect substitute for sugar in a healthy diet and a diet more so except vitamins and other micronutrients contain many pine, which prevents the development of osteoporosis because in its absence, disrupting the absorption of calcium from the body. Together with the dates they have the highest concentration of sugars (67 g/100 g of dried product).

And since raisins sweetness is balanced by the acid in the grapes, they are eternal star among dried fruit and are indispensable for confectionery. For salty cuisine are also very curious component. Of meatless dishes such as stuffed cabbage, stuffed peppers or other dried rice recipes they add character and integrity of the taste and variety of terrines or poultry dishes become more gentle and noble with a handful of raisins.

Annual worldwide consume over 750,000 tons of raisins. There are two main technology for drying raisins - with or without immersing the grapes in a hot water or alkaline solution, and drying in the sun or dried in special dryers.

The most profitable, both economically and medically - the grapes to dry in the sun. In many countries, raisins are produced by air solar drying of grapes in greenhouses with plastic coating.

Figs

The dried version of this divine tropical and subtropical fruit is also packed with nutrients - figs are between 3 and 4 times richer in calcium than other dried fruits. This ancient fruit combines a remarkably tasty and interesting way with prosciutto, pork with duck and foie gras with any poultry, but also with soft cheeses - a lightly dampened for 15 minutes in lukewarm water fig filled with brined sheep's cheese or ricotta, mascarpone, brie, camembert or gorgonzola are becomes rich in flavors and contrasts snacks or sledyastie. In confectionery they also have numerous applications, most commonly used for stuffing various cakes.

Apricots

Orange "ears", as in some languages called Dried apricots contain twice as much potassium from figs, raisins and dates and richest of the entire group of vitamin A. On the other side are the poor in sugars and with prunes most saturated of useful fiber, making them straight to the golden food.

They are among the tastiest and most accommodating in cooking dried fruit, and in the opinion of many experts drying emphasizes and even enhances the taste. Are worthy and interesting place in countless sweets and salty dishes from kitchen - for example, in Moroccan thith, North Indian curries, steamed Iranian, Uzbek pilaf or South African barbecue sauces. Especially nice is combined with the taste of chicken, pork and mackerel.

Prunes

They hold the championship in fiber, which makes them most valuable for digestion and peristalsis. Are first and presence of antioxidant polyphenols, that have a value for the prevention of the formation of cancer cells and are useful for the health of bones.

Maybe that prunes are the most typical and beloved culinary in our land. In places will grow plum trees, and at home it's mostly soft Predbalkanskata hills, centuries dried plums and use them in the winter for holiday sweets, but quite lean and meat dishes. Combine is amazingly well with beef, lamb and game, but a lean stew with leeks and prunes can be truly inspiring.

Prunes come from lands around the Caspian Sea and cooking with them is typical of Asian countries, Moroccan, Afghan, Armenian and Greek cuisine. Hungarians and Austrians, however recipes with prunes are also primordial part of their national cuisines. In our beef with prunes is a dish typical for Bulgaria and the region, and Vidin, so it is difficult to say whether itself in our home menu by Greeks, Armenians, Austria-Hungary or in Turkey.



3.3. NUTRITION

- **Raisins** are rich in vitamins B2 and C, the minerals iron, potassium, magnesium, copper, calcium, boron, zinc, phosphorus, and antioxidants. In 100 grams of raisins contains about 300 calories; 3 g protein; 0.5 grams of fat and 80 grams of carbohydrates.
- **Dried figs** are rich in vitamins, minerals, iron, copper, potassium, magnesium, sodium, calcium, phosphorous and zinc, fiber, antioxidants, flavonoids and polyphenols. In 100 g of dried figs contains about 250 calories; 3.4 g protein; 1 gram of fat and 64 grams of carbohydrates.

- **Dried apricots** are rich in vitamins A, C and E, minerals phosphorus, magnesium, iron, calcium, zinc, and fiber. In 100 g of dried apricots contains about 240 calories; 3.4 g protein; 0.5 grams of fat and 63 grams of carbohydrates.
- **Prunes** are rich in vitamins A, C and E, minerals magnesium and phosphorus, and fiber. In 100 g of prunes contains about 240 calories; 2.2 g protein; 0.4 grams of fat and 64 grams of carbohydrates.
- **Dried apples** are rich in vitamins B, C and E, minerals iron, magnesium, phosphorus, pectin and fiber. In 100 g of dried apple contains about 244 calories; 0.9 g protein; 0.3 grams of fat and 66 grams of carbohydrates.
- **Dried Pears** are rich in vitamins B and C and the minerals iron, calcium, zinc, magnesium and phosphorus, and fiber. In 100 g of dried pear contains about 263 calories; 1.9 g protein; 0.7 grams of fat and 70 grams of carbohydrates.

Raisins

Tentative content of substances in 100 g:

Product	water %	kcal	protein/ g	fats/ g	carbohydrates/ g	chol. / mg	sugars/ g	fibers/ g
Raisins	15.43	299	3.07	0.46	79.18	0	59.19	3.7

- glucose to fructose – 40 : 60%;
- they contain lower amounts of vitamin C in large amounts vitamin B2;
- rich minerals are magnesium, potassium, iron, copper and are sources of calcium, phosphorus and zinc;
- are rich in antioxidants. In this respect comparable with dried apricots and pears.

Figs

Tentative content of substances in 100 g:

Product	water %	kcal	protein/ g	fats/ g	carbohydrates/ g	chol. / mg	sugars/ g	fibers/ g
Dried figs	30.05	249	3.30	0.93	63.87	0	47.29	9.8

- glucose to fructose – 55 : 45%;
- are a source of vitamins B1, B2, B5, B6;
- rich minerals are magnesium, potassium, iron, copper, and are a source of calcium, phosphorus, zinc and sodium;
- are rich in polyphenols and flavonoids;
- are rich in antioxidants.

Pears

Tentative content of substances in 100 g:

Product	water %	kcal	protein/ g	fats/ g	carbohydrates/ g	chol. / mg	sugars/ g	fibers/ g
Dried pears	26.69	262	1.87	0.63	69.7	0	53.5	7.5

- glucose to fructose to sucrose – 25 : 65 : 10%;
- contain vitamins C, B2 and B3;
- minerals contain phosphorus, magnesium, calcium, zinc, iron;
- contain boxes indigestible fiber laxative effect.

Apricots

Tentative content of substances in 100 g:

Product	water %	kcal	protein/ g	fats/ g	carbohydrates/ g	chol. / mg	sugars/ g	fibers/ g
Dried apricots	30.89	241	3.39	0.51	62.64	0	53.44	7.3

- glucose to fructose to sucrose – 65 : 22 : 13%;
- contains vitamins B2, B3, B9 and E contain low amounts of vitamin C and an excellent source of pro-vitamin A;
- rich minerals are iron, phosphorus, magnesium, calcium and zinc contained.

Apricots are excellent source of calcium, magnesium, iron, phosphorus and especially potassium, which regulate water-salt balance in the body, lowers blood pressure, ensures the normal operation of the cardiovascular system. It balances the absorption of sodium from the body and assists in the removal of surplus salt (if not, the body begins to retain water and swell the cells). The yellow color of dried apricots can be explained by the high content of pigment carotene (provitamin A). In the intestine and liver carotene is converted to the active form of vitamin A (retinol), which positively affects the skin, eyesight and blood production. Dried apricots help children grow and have a restorative effect on the body of elders.

No need to choose the best looking apricots - often their perfect shape due to the use drying chemicals and vegetable oil. Better buy gray color and medium hard fruits.

Apples

Tentative content of substances in 100 g:

Product	water %	kcal	protein/ g	fats/ g	carbohydrates/ g	chol. / mg	sugars/ g	fibers/ g
Dried apples	31.76	243	0.93	0.32	65.89	0	57.19	8.7

- glucose to fructose to sucrose – 17 : 68 : 15%;
- contains vitamins B2, B3, C and E;
- minerals contain phosphorus, magnesium and iron;
- contain pectin, which improves digestion as clean intestinal micro folds.

Prunes

Tentative content of substances in 100 g:

Product	water %	kcal	protein/ g	fats/ g	carbohydrates/ g	chol. / mg	sugars/ g	fibers/ g
Dried prunes	30.92	240	2.18	0.38	63.88	0	38.13	7.1

- glucose to fructose to starch – 62 : 30 : 8%;
- contain moderate amounts of vitamin A (provitamin), B1, B2, B3, and B9, are rich in vitamins E and C;
- they contain lower amounts of phosphorus minerals, magnesium
- European plain plum (prune) contain oxalic acid, which inhibits the absorption of calcium and loaded metabolism in renal patients. Not toxic to healthy people, but durable adopted oxalic acid can reduce the overall level of absorbed calcium for the period of their consumption.

Prunes have a high rating popularity among dried fruits for their nutritional properties and flavor. Prunes are rich in dietary fiber, as well as vitamins B. They eliminate feelings of anxiety, increase the body's resistance to stress. Since all dried fruits are concentrated must eat them in moderation.

Loose stomach due to the high content of organic acids and fiber. If you are trying constipation, do not rush to take medication, and solve the problem using the homemade marmalade. Soak in hot water 100 g of prunes and figs. Once swollen, they blend in a blender with 100 g of honey and 1 aloe leaf. Take three times a day after eating half a tablespoon of jam dissolved in ½ cup warm water. Keep laxative in a glass container in the refrigerator.

Several tips for dried fruit:

1. Before you buy dried fruit, take a small portion. Smell them and if you can smell spoiled, try them. It remains only to decide whether you deserve a big purchase.
2. Before you buy dry fruits, view them good for brown spots and soft decayed places and mildew.
3. Do not consume more than 100 g dried fruit at once. A high content of glucose and sucrose may lead to hyperglycaemia.
4. If you decide to make a compote of fresh, leave a portion dried fruit to soak in cool water for six to eight hours.
5. If you have allergies, do not buy candied dried fruits. Sometimes, better preservation and drying added allergenic agents such as sodium sorbate, potassium sorbate or potassium bisulfite.

3.4. THE BENEFITS OF ORGANIC PRODUCTION

Dried fruits have natural light in the winter. Strengthen the body and have exceptional health benefits. **Dried fruits** are natural coloring - make the skin soft and smooth nails - healthy and hair - strong and shiny.

Raisins reduce the risk of osteoporosis and enhance nervous cardiovascular reinforcing lungs and are useful for the thyroid gland.

Dried figs protect from cancer, speed up digestion and improve the functioning of the thyroid gland.

Dried apricots stimulate the immune system, prevents cancer, tone and improve digestion.

Prunes accelerate the work of the gastrointestinal tract, eliminate stress and anxiety.

Dried apples and **pears** intensify brain activity, prevent cardiovascular and colds, strengthen gums and improve digestion.



Dried fruits in your diet

100 g of dried fruit of day satisfy the need of sweet body without increasing the levels of insulin and glucose in the blood. Dried fruit improves the gastrointestinal tract, sate, stimulate digestion and fat burning.

Choose dried fruits without spots or rotten spots on them that are not too dry and not taste wine. Enjoy dried fruits throughout the year, and in winter must take advantage of their superb food, health and dietary qualities.

If you have decided to make homemade granola with dried fruit, but wondering what to put or just love dried fruits, then be sure to read these lines! You will learn the most important for widespread dried fruits in the market, namely the composition of vitamins, minerals and calories.

Dried fruits are a concentrated food. Contain a lot of simple sugars and high calorific value. Friendly technologies allow natural drying already dry fruit to keep your vitamins better than preserved, while reducing water content. The latter results in a four to five-fold higher concentration of vitamins and minerals in relation to dried fruits fresh.

If your diet allows sweet, a handful of dried fruit may give you a lot more health than a piece of chocolate. In addition, just as tasty. In Bulgaria most common in stores nuts are the following fruits: figs, raisins, apricots, pears, plums, apples. Below you will find the composition, vitamins and minerals contained in them.

Dried fruits are not less useful than fresh

Dried fruits, although used since ancient times as though today still have not received their deserved place on our table. And they are extremely useful - contains a balance of minerals and vitamins, as well as useful carbohydrates (glucose and fructose), thanks to which do not lead to weight gain. So dried fruit can easily be used for day of discharge and for severely restricting diet.

Dried fruit also contains many soluble cellulose (pectin), which normalizes the process of processing the food. Cellulose takes harmful products of metabolism and leads them out of the body. Along with them are displayed and surplus cholesterol - a fact which is extremely important for the prevention of cardiovascular disease, especially atherosclerosis.

Specialists recommend every day to use no more than 25-35 g of cellulose , and dieticians believe that a balanced diet, in which one year person eats at least 2 kg of dried fruit.

If you want to cheat hunger, chew carefully 2-3 dried apricots or plums. Besides cheat appetite, they prolong the feeling of fullness and prevent overeating in the evening. And most importantly - will save you from high-calorie cake or your favorite chocolates.

So bring your own fruits and eat them whenever you feel the urge to eat something delicious. They don't have fats and their calorific value ranged from 200 to 300 calories/100 grams.

Merits of dried fruits

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Dried apricots

Excellent source of calcium, magnesium, iron, phosphorus and especially potassium, which regulate water-salt balance in the body, lowers blood pressure, ensures the normal operation of the cardiovascular system. It balances the absorption of sodium from the body and assists in the removal of surplus salt (if not, the body begins to retain water and swell the cells).

Dried apricots are a valuable food for those suffering from hypertension or chronic inflammatory diseases of the kidney, accompanied by edema and increased excretion of potassium from the body.

The yellow color of dried apricots can be explained by the high content of pigment carotene (provitamin A). In the intestine and liver carotene is converted to the active form of vitamin A (retinol), which positively affects the skin, eyesight and blood production.

No need to choose the best looking apricots - often their perfect shape due to the use drying chemicals and vegetable oil. Better buy gray color and medium hard fruits.

Figs

They are nutritious, rich in cellulose, mineral salts and vitamins (B group, C, -carotene).

In folk medicine, dried figs are used as anti-inflammatory drug, is believed to have mitigating and expectorant effect and successfully applied in dry cough, tonsillitis, bronchitis and wheezy voice.

Dried figs are an excellent aid against colds. Pour 1 cup milk 1 tablespoon chopped figs and cook them on medium heat. Then slightly cool, add 2 tsp butter, and then vortex the resulting mixture with a mixer. It is best to drink hot drink before bed.

Raisins

They are rich in magnesium, boron and manganese, which prevent the emergence of osteoporosis because deficiency of these minerals disturbing absorption of calcium in the body.

Dried fruits are natural treats. As delicious pastries, but useful as fresh fruits, dried fruits are natural multivitamins. Which dried fruits with what food, health and dietetic properties differ?

Dried fruit is fruit, but with a very low water sadarzhanie. It is important to distinguish between real dried fruit (prunes, dried apricots, dried figs, raisins, dates, etc.) and "Candied " (candied, dried and artificial additives melon, mango, pineapple, coconut, etc.) that can be found in a wide range with nuts that are sold in the streets. Real dried fruits are 100% natural and does not contain any artificial enhancers.

Dried fruits - food quality

Dried fruits are concentrated food products, ie contain very little water. They are rich in simple sugars (glucose and fructose) and thus are high-grade, but calories they are not "empty", and contains vital nutrients. Current technologies for natural drying, not only retain the vitamins and minerals in the dried fruit, but they are even with a higher concentration of those substances.

Section II

4. Put into practice

4.1. PRODUCTION OF DRIED FRUIT AT HOME

Let's dry peaches



If you like peaches, you can conserve a variety of ways - as a sweet, compotes or jams. But many are delicious peaches that are dried.

They can be served as a separate dessert and can be complemented with vanilla sauce or a little cream, maybe with ice-cream.

Dried peaches retain the nutrients of the fruit, which contains many important vitamins and trace elements. These include potassium, B vitamins, vitamin PP, beta-carotene.

To dry peaches, choose fruits that are not too soft. They are not suitable for drying, but only for direct consumption or for marmalade.

Drying will need ripe but slightly hard peaches. To find maturity, press them gently with your finger and if well reddened peach is slightly softened, then you can use it for drying.

To dry peaches, wash them well, then cut them. Cut each fruit in half. Remove the pyrene and cut the halves into thin slices.

Arrange sliced peaches on gauze or a large pan. You can also use a grid of metal or wood. Cover the slices with a layer of gauze and leave to dry in dappled shade.

Do not expose the peaches of direct sunlight each day and pay them very carefully so as not to crush the delicious fruit. The moment that shrink by more than half and are sufficiently dry to the touch , it's time to put them in jars.

In jars can only order the slices that are fully cured. You can sprinkle a little powdered sugar on dried fruit and use them as a delicious dessert at any time of year.

If you do not wait long, as the drying process may take more than 10 days, you can dry the peaches in the oven. For this purpose, wash and chop the peaches and put them in a tray. Preheat oven to 100 degrees and place the pan, leaving the door ajar. Pay regular peaches and a few hours you will have ready dried fruits.

4.2. Recipes with dried fruits

Dried fruits for Christmas Eve/Oschav/

Products:

700 ml water

150g dried fruit: apples, plums, pears, apricots or other fruit

150 g of sugar

2-3 cloves grains

1 tsp cinnamon

Preparation:

- The dried fruits were washed and soaked for 1-2 hours in cold water.
- Rinse and place in a large saucepan.
- Pour in the recipe provided with water.
- Boil on medium heat.
- When the fruits are soft, add the sugar, cinnamon and cloves.
- dried fruit cool in the pan in which it is boiling.

Boiled wheat with dried fruits

Reason: St. Nicholas; Christmas Eve; Commemoration

Ingredients:

500 g wheat

honey to taste

1/2 cup walnuts

1 tablespoon cinnamon

dried fruit if desired - prunes, dried apricots, raisins

Preparation

Clean and well washed corn is left overnight in water in order to swell well. Then pour water and boil on low heat until soft. After boiling the water is drained, which is a boil, allow to cool and thoroughly mixed with chopped walnuts, chopped pieces of dried fruit, cinnamon and sugar.

QUESTIONS:

Dried fruits are rich of...

- a) vitamins, minerals and microelements
- b) organic acids and fibers.

Which way of dry preserve quality of the fruits?

- a) immersing in a hot water or alkaline solution;
- b) drying in the sun or drying in special dryers.

Raisins, Figs, Apricots and Prunes are know as ...

- a) the great four;
- b) classical quartet..

Which dried fruit is the richest source of calcium?

- a) Prunes;
- b) Apricots;
- c) Figs;
- d) Raisins.

Which dried fruit is the richest source of vitamin A?

- a) Prunes;
- b) Apricots;
- c) Figs;
- d) Raisins.

Which dried fruit is the richest source of fibers?

- a) Prunes;
- b) Apricots;
- c) Figs;
- d) Raisins.

Write 2 benefits of organic dried fruits.

1.....

2.....

What amount of dried fruits satisfies the need of sweet body without increasing the levels of insulin and glucose in the blood?

- a) 50 g of dried fruit of day;
- b) 100 g of dried fruit of day;
- c) 200 g of dried fruit of day.

Which are the main dried fruits for Christmas Eve /Oschav/?

- a) Apples;
- b) Plums;
- c) Pears;
- d) Apricots;
- e) All are correct.

Are you interested?

5. Further readings

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