



The flavor from nature...

OUR PRODUCTS...

- *Dried Apple*
- *Dried Pear*
- *Dried Orange*
- *Dried Strawberry*
- *Dried Melon*
- *Dried Watermelon*
- *Dried Peach*
- *Dried Tangerine*
- *Dried Banana*
- *Dried Kiwi*
- *Dried Lemon*
- *Dried Japanese/Heavenly persimmon*
- *Dried Mango*
- *Dried Red Dragon Fruit*
- *Dried White Dragon Fruit*
- *Dried Pineapple*
- *Dried Coconut*
- *Dried Persimmon*
- *Dried Pomegranate*
- *Dried Ring Plum*
- *Dried Grapefruit*
- *Dried Fig*

DRIED VEGETABLES

- *Dried Tomato*
- *Dried Kapia Pepper*
- *Dried Parsley*
- *Dried Aronia*

THE ADVENTURE OF DRIED FRUITS

Dried fruit is the state of fresh fruit whose water content has been reduced, making it storable for a long time. The drying process preserves the fruit's natural flavor and nutritional values, turning it into a delicious snack or ingredient.

NUTRITIONAL VALUES

Since their water content is reduced, dried fruits are generally rich in calories, fiber, and nutrients. Below are some of the nutritional values provided by dried fruits:

- **Fiber:** Important for digestive health.
- **Vitamins and Minerals:** The drying process can reduce some vitamins (especially Vitamin C), but Vitamin A, potassium, iron, and other nutrients are generally preserved.
- **Antioxidants:** Dried fruits contain polyphenols and phytochemicals, known for their antioxidant properties.

DRYING PROCESSES

- **Hot Air Drying (Thermal):** This is the most common thermal drying method. Fruits are placed in a dehydrator or oven and dried with an air current at a specific temperature (usually 50 – 70 C °).
- **Dehydrator:** Electric drying devices are used. The air is set to the temperature that will dry the fruits, and air circulation is ensured by the device's fan.
- **Oven:** If an oven is used, it is heated to the lowest temperature (50 – 60 C ° moisture to escape.
- **Sun Drying:** On a sunny day, fruits can be spread on a clean cloth or wire and dried with natural sunlight. The sun should hit the fruits directly. This method can take a long time and depends on weather conditions.

SHELF LIFE

The shelf life of dried fruits varies depending on many factors, including the drying method, the type of fruit, storage conditions, and packaging method.

- **General Shelf Life:** Dried fruits stored regularly under appropriate conditions can generally maintain their freshness for 6 months to 1 year.
- **Fruit Types:** Different types of fruit have different shelf lives. For example, fruits like raisins and dried apricots are generally longer-lasting, while dried strawberries may have a shorter shelf life.

Storage Conditions

- **Cool and Dry Area:** Dried fruits are sensitive to moisture and heat. Storing them in a cool and dry environment extends their shelf life.
- **Dark Environment:** Exposure to sunlight can reduce the nutritional value of dried fruits and cause their color to fade. Therefore, a dark environment is preferred.
- **Airtight Packaging:** Storing dried fruits in airtight packaging slows down oxidation and preserves their freshness.

AREAS OF CONSUMPTION

Daily Consumption and Snacks

- **Direct Consumption:** The most common use is eating them alone as a healthy snack. They are preferred especially during lunch breaks or before sports due to their energy-boosting and natural sugar content.
- **Breakfast Foods:** Added to oatmeal, muesli, granola, or breakfast cereals. They create a wonderful layer of sweetness and texture alongside yogurt or milk.
- **Salads:** Especially dried grapes (raisins), dried cranberries, or dried figs add a sweet and chewy texture to green salads, enriching the flavor.

PÂTISSERIE AND RESTAURANT

- **Baked Goods:** Used to add flavor and moisture to cakes, cookies, muffins, breads, and scones. (e.g.: Raisin cookies, dried apricot cake.)
- **Desserts and Puddings:** Frequently used in traditional desserts like güllaç, rice pudding (sütlaç), aşure, and muhallebi.
- **Meat and Rice Dishes:** Especially dried plum, apricot, or fig are added to dishes like lamb, chicken, or iç pilav (rice with currants/nuts) to provide a sweet-and-sour balance. (e.g.: Uzbek pilaf, Lamb dish with plums.)
- **Compotes:** Used to make compotes, which are served as a light drink/dessert during winter months or alongside meals.

SPECIAL AREAS

- **Teas and Herbal Teas:** Some dried fruits (especially apple, orange peel, or cranberry) are used in dried or sliced form to add flavor and aroma to tea blends.
- **Gift Baskets:** They are an indispensable part of special occasion baskets as a healthy and elegant gift alternative.
- **Cocktail Garnishes:** Dried orange, lemon, or apple slices are used as stylish and natural garnishes for cocktails and non alcoholic beverages.

EXTRA USAGE AREAS

Dried Fruit Powder

- **Smoothies and Drinks:** Can be mixed with liquid to quickly prepare healthy beverages.
- **Yogurt and Breakfast Foods:** Can be added to yogurt, oatmeal, or granola to contribute flavor and nutrients.
- **Pastries:** Can be mixed into cake, cookie, crepe, or bread doughs to add flavor, color, and nutritional value.
- **Decoration:** Sprinkled on desserts and cakes to provide both visual and flavor richness.





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