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## Methods Of Drying Subtropical Fruits And Their Importance For Human Health

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### ABSTRACT

As far as we know, not all fruits are suitable for drying. But figs, dates and chilonjids are dried from subtropical fruits. These fruits are distinguished from other fruits by their healing properties. These fruits were mentioned by our great scholar Abu Ali ibn Sina in his book "Laws of Medicine".

### KEYWORDS

Figs, blanching, caustic soda, sulfur, sugar content, acid content, date fruit, chilonji, drying methods.

### INTRODUCTION

Warm-loving fruits are subtropical fruits. Subtropical fruits include figs, pomegranates, dates, chilon, mulberries, and olives. Of the subtropical fruits, mainly figs and dates are dried in chilon ji.

The fig tree has long been known as the fig tree. Its juicy fruits are eaten fresh and dried. Figs are used to make compote, jam, marmalade, pavidlo, wine, alcohol, coffee. Freshly picked fruit is resistant to transport and spoils quickly.

Figs contain 9-28 % sugar and 75-86% sugar when dried; 0.12-0.59% various acids; It is rich in vitamins A, C, V1, V2, iron, calcium, copper, phosphorus and magnesium.

The fig family includes about 1,000 species. Most of them grow in tropical, less in subtropical countries and temperate climates.

Figs are a subtropical fruit. It contains a number of vitamins and minerals necessary for human health. We know that figs can not be stored for the winter. This fruit is consumed wet when ripe. But there is a way to save for the winter. This way is to dry this fruit. We can consume the dried product throughout the winter. Below we will share with you the methods of drying figs.

Just as figs are harvested when eaten wet because they are not evenly cooked, they must be picked separately for drying.

Fig peel is highly valued due to its rich content of various vitamins, including 16-26% sugar and 0.2-0.5% acid.

Figs are recommended to be kept dry and more drying, as they are resistant to loading and unloading. In Uzbekistan, it ripens mainly in mid-August.

Before drying, the sorted product is immersed in hot water at 90 ° C for 4-5 minutes, then rinsed in cold water and placed on trays on top of the banded side and smoked for 1.5-2 hours at the rate of 1-1.5 g of sulfur per 1 kg. .

Drying in the sun takes 6-10 days. It should be turned over every 3-4 days. Then the fruits are dried in the shade and 24-30% of the dried product is obtained.

The moisture content of dried figs should be around 22-24%, sugar content 55-60%, acidity around 1%.



Chilan Jida is native to China, Afghanistan and the Balkans. It is grown in China, Afghanistan,

Iran, India, Italy, France, Spain, Algeria, Syria and the United States.

Chilan jiida also grows in Central Asia. Chilon grows as a small tree and shrub in the ji. Small 2-5 g and medium, elongated, the taste is bitter-sweet, making the fruit of lower quality than the Chinese chilon jiida.

The fruit of Chilan jiida is very valuable: 25-32% in wet fruit, up to 55.2% in some varieties, up to 63.8% in tannins, 2.6-3.4% in protein, up to 3.7% in fat, 0, It contains 2-25% acid, 10% tannin, in addition it contains pectin and a number of other substances.

It is widely used in Chilanji due to its richness in various vitamins, fast yield, high yield, drought tolerance. Freshly chopped chili contains 20-28% of sugar, 0.5-2.5% of acidity, up to 3% protein, 3-4% fat and 400-550 mg of vitamin C. Chilanji is considered a remedy for various ailments and is mainly used for drying and making various jams.

Chilanji is mainly dried in 2 ways:

1. It is collected during the technical ripening period and dried in the sun without any additional processing.

2. The fruit is mixed with pre-prepared sugar syrup and then dried. In this method, dried chilonji fruit has a unique taste and is highly valued. In such drying, it is recommended to pick the fruit at the most convenient time for consumption, ie a little before full ripening, ie without peeling.

In Chilanji, over-ripe, rotten, and insect-infested varieties must be separated after manual sorting. The same size, sorted fruit is washed and cleaned of dust. In this way, 60-70% sugar syrup is boiled in enamel or stainless steel pans for 40-50 minutes. The ratio of fruit with jam should be 1: 1. Due to the low acidity of chilonjida (0.3-2.5%), the product becomes more palatable if 0.3% of citric acid is added to the jam. After absorbing the blood (lasts 1-2 days) and pouring the syrup, the fruits are collected in trays and dried in the sun. It is better to cover it with a thin cloth or gauze to prevent dust and insects.

Fruits should be rolled up every 2–3 days.



After 5–6 days it is dried in the shade. Drying takes 12–15 days.

20-25% dry product is obtained when spread and dried in the sun in the usual way. When treated with sugar syrup, 75-80% of the product is obtained, but when dried by this method, 60-65 kg of sugar and 300-350 grams of citric acid are consumed for every 100 kg of chilonji.

Dried chilli contains 55-65% of sugar, 1-1.5% of acidity, 3-3.5% of protein and 200-250 mg% of vitamin C.

Dates are a valuable subtropical plant. The fruits are large, sweet and nutritious and are also consumed as a dietary food.

The fruit is eaten wet, peeled and made into alcoholic beverages. It contains 14 to 25% of sugar, 0.1% of acid and a lot of vitamin C. The ripe fruit of the date contains as much as 0.1-1.5% tannin, so it gives a bitter taste.

After cooking, it does not taste so good. The woodiness of the palm tree is highly valued by the name of the ebano tree. The palm is not only a fruit tree, but also an ornamental and honey-producing plant. It is more resistant to frost than other subtropical plants.

Drying dates is a common practice in Japan and Brazil. After the ripe but not yet softened fruits are cut, the peel is peeled off and hung from the band. When pruned, a small amount of peel should remain on the tip of the fruit, otherwise a lot of liquid will leak out.

Hanging fruits are dried in the sun for 30–50 days. It needs to be crushed by hand every 4-5 days to have a uniform texture and improve the taste. After drying, it is wrapped in balls for sweating. As a result, sugar crystal grains are formed on the surface of the palm. It is then hung to dry in the wind.



In Japan and China, Khachiya fruits are harvested in a tense manner. The skin is peeled

off. The wire is attached to poles or poles for air drying.

Under the roof of the house is dried for 30–50 days. Sugar crystal grains are formed on the skin of the fruit. The composition of the fruit can contain up to 50% sugar. Dried fruits can be stored in tightly closed containers to prevent spoilage.

Drying dates at home. It can be dried in the home oven. To do this, the fruit peel is peeled and cut into slices 6 mm thick.

The baking tray is placed on the sheets. Set the oven temperature to 60 degrees. Fruits are considered dried when they lose their stickiness. Dried fruits should be stored in a tightly closed container.

Dried subtropical fruits are important for human health. For example, boiled dried fruit of figs in milk prevents and cures coughs and colds.

Chilanji and date fruit are a positive help for people who have problems with blood pressure.

Fig peel is a favorite dried fruit for all with its unique taste and healing properties, it contains micronutrients that can support even the weakest organism. Dried figs are used in the kitchen, that is, in the preparation of various biscuits, pastries.

Dried figs are also widely used in cosmetology. A mask made from figs is very useful in hair loss. To do this, chop 2 figs, pour 1 cup of milk and bring to a boil. The milk is removed from the heat when it evaporates and a muddy mixture is formed. Cool. It is applied to the scalp every day. Wear a cellophane cap, wrap in a towel and wash off after an hour and a half.

Dried dates are loved and eaten all over the world. It is distinguished by its sweet and pleasant taste. Ideal for dessert and light meals. It also has a number of benefits

Jiyda contains many useful substances. For example, its fruit contains potassium, which has a positive effect on the activity of the cardiovascular system in the human body, which in turn prevents the occurrence of stroke, heart attack and other problematic diseases. The presence of fragrant substances is the basis of its astringent effect.

Jiida fruit has a calming effect on a person and increases their activity when consumed in combination with sleeping pills. It also normalizes the activity of the nervous system, and prevents anger, nervousness. Jiida promotes health along with sedative activity.

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