

Dried Strawberry

Raw Material:

Strawberry---2000g

Storage:

Store with seal at regular temperature, storage period one month.

Methods:



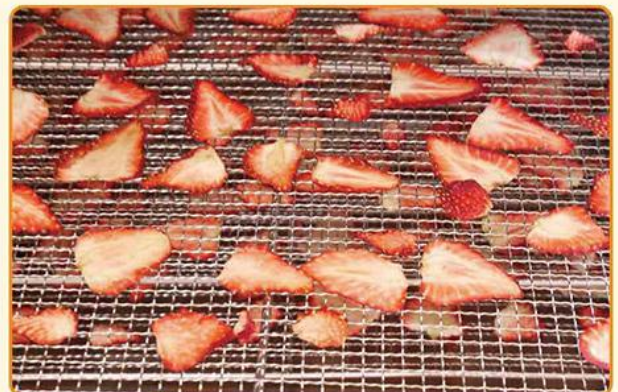
- 1 Wash and steep strawberry in brine for 10 minutes



- 2 Capped and Cut into slices with 4mm-5mm.



- 3 Temperature: 70 degrees
Timing: 5 hours.



- 4 After cooling down, cold store with seal.

Vegetables & Fruit Melts



Raw Material:

Fruits/vegetables juicy---60g
Egg whites---4 pcs
Milk powder---50g
Starch---15~30g
White sugar/powdered sugar*4g

Notes

No sugar for 1 week baby.

Storage:

store with seal at regular temperature,
storage period 1 month.

Methods:



1 Mixed red dragon fruit juicy with milk powder.



2 Sifting.



3 Put some drops of lemon juicy into egg whites, and mixed with white sugar/powdered sugar.



4 Mix around like above picture, then add starch, turn on the max level for egg-beater.



5 Make it a bit mushy like above picture.



6 Pour the mixed the red dragon fruit juicy into the well mixed starch, mixed again.



7 Choose a middle size pastry tube and put the well mixed cake into pastry bag.



8 Squeeze out the melts.



9 Temperature: 70 degrees, Timing: 2 hours. Preheating for 10 minutes and then put the melts on trays. Store with seal at regular temperature after well dehydrated.

Fish Skin

❖ Raw Material:

Fish

❖ Storage:

Store with seal at regular temperature, storage period 1 week.

❖ Methods:



❶ Prepare fresh fish.



❷ Fillet the fish with 1 cm thickness.



❸ Temperature: 58 degrees
Timing: 3 hours. Till it have no moisture.



Honeysuckle

❖ Raw Material:

Honeysuckle---appropriate

❖ Tips:

Do not turn over when it dehydrating. It will wetting back after well dried at the first time. Dried it again 1-2 days later.

❖ Storage:

Cold store with seal, storage period 3-4 months.

❖ Methods:



- 1 Prepare fresh honeysuckle take out all the leaves and keep the flowers.



- 2 Put on trays

- 3 Preheat for 5-10 minutes
Temperature: 60 degrees
Timing: 3-4 hours

Okra

❖ Raw Material:

Okra---500g

❖ Storage:

Store with seal at regular temperature, storage period 3 months.

❖ Methods:



❶ Prepare fresh okra, shorter one is more tender, the harder one is old and have bright-colored .



❷ Boiled them with salt for 3-5 minutes, drain and rinse in cold water.



❸ Temperature: 58 degrees, Timing: 8-12 hours. Till it become crisp and tasty.

Dry Cooked Pork Stripe

Raw Material:

Pork---1500g
Salt---1 teaspoon
White sugar---3 teaspoon
Light soya sauce---4 teaspoon
Liquor---4 teaspoon
Curry powder---1 teaspoon
Five spice powder---2 teaspoon
Cayenne pepper---2 teaspoon



Storage:

Store with seal at regular temperature,
storage period 3 days.

Methods:



1 Boil with water and liquor.



2 Boil for 10 minutes till the pork well cooked.



3 Remove fat parts, cut the pork into 1.5cm slices.



4 Add all the spices in it.



5 Mixed well.



6 Stir-fry until well combined.



7 Temperature: the highest, Timing: 1.5 hours.



Yogurt



Raw Material:

Milk--- 1000g; Power--- 200ml

Tips:

1. The yogurt container must be sterilized before fermentation.
2. Do not open the cap while fermenting.
3. The temperature for ferment is 35-45 degrees.
4. Cold store for yogurt make it taste good.

Storage:

Store with seal at regular temperature, storage period 3 days.

Methods:



① Prepare milk and powder.



② Wash the bowl with 100 degrees hot water.



③ Mix the milk with powder in 5:1 proportion.



④ Temperature: 45 degrees
Timing: 7 hours.



⑤ Put in refrigerator with seal for 8 hours. You can add some fruit on it.