

Lavashak - fruit leather

Cuisine: Middle-East

Food category: Other



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Program steps

1	Obst einkochen	Combination	100 %	Termination by time	00:10	hh:mm	160 °C	+ 80 %	☒
2		Hot air	50 %	Termination by time	02:00	hh:mm	150 °C	+ 80 %	☒
3	Fruchtleder trocknen	Hot air	0 %	Termination by time	04:00	hh:mm	40 °C	+ 50 %	☒

Ingredients - number of portions - 10

Name	Value	Unit
fresh cherries	1500	g
water	250	ml
Lemons	1	pcs

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn

Vitamins: A, B, C, E, Kyselina listová

Nutritional value of one portion	Value
Energy	99 kJ
Carbohydrate	21 g
Fat	0.3 g
Protein	1.4 g
Water	0 g

Directions

Stone the fruit, quarter it if necessary and place it in a deep, coated GN container with water and lemon juice.

Boil the fruit until the liquid is reduced (on the stove or in the combi steamer, first at 160 °C, 100% moisture for 10 minutes and then at 50% residual moisture, 150 °C for 1-2 hours in hot air mode).

The liquid should be almost completely boiled away.

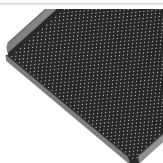
Puree the still hot mixture finely with a hand blender and spread it onto baking paper while it is still hot and place it on a perforated baking tray.

Drying takes place for approx. 4 hours at 35-50°C, reduced fan and 0% residual moisture. The fruit leather should no longer stick when it is finished.

The fruit leather can then be cut into strips and rolled up; you can also roll up the baking paper.

Other fruits are also suitable, such as apples, pomegranates, pears, etc. You can also refine the fruit puree as desired, for example with vanilla sugar, cinnamon, honey or other spices. There are no limits to creativity here. Please note that the drying time depends on the thickness of the spread and its water content.

Recommended accessories



Perforated aluminium sheet, teflon coated