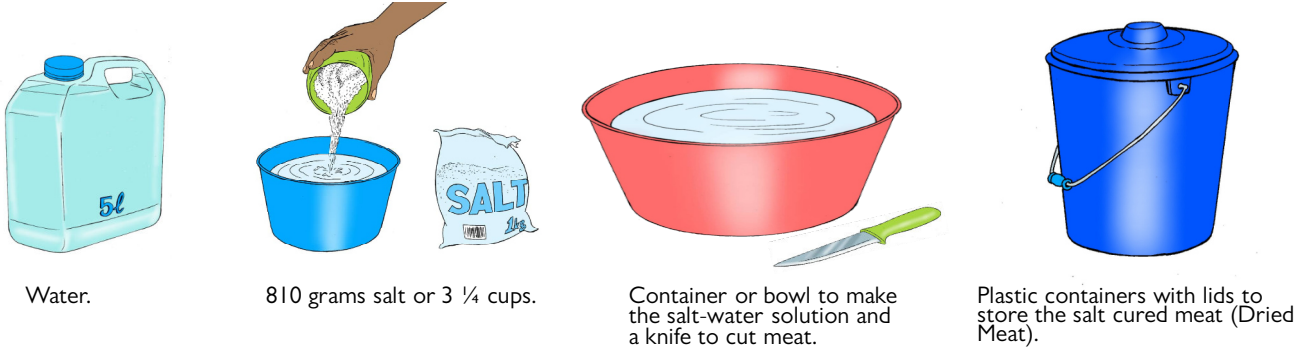


HOW TO PREPARE FOODS FOR DRYING & STORAGE

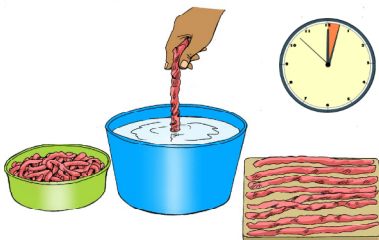
WHAT YOU NEED TO DRY MEATS & FISH (BEEF, PORK, FISH)



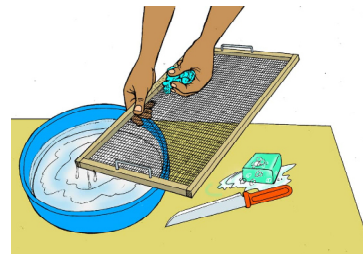
HOW TO PREPARE MEAT & FISH FOR DRYING



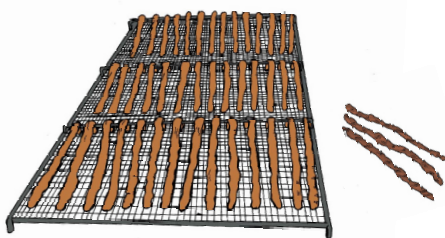
1. Prepare the meat using freshly slaughtered meat
 - a. Remove bones, fat, nerves, tendons and blood vessels of the meat and fish. **Dispose of it appropriately.**
2. Cut the meat into long thin strips, approximately 20 to 30 cm.



3. Dip the strips of meat into the salt-water solution for 5 minutes.



4. Prepare the dryer: wash and clean the trays to remove any bits of food.



5. Hang the strips of meat where air circulates freely but are enclosed to protect from flies and other insects or animals. Strips should not touch one another.

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19

6. Meat should dry for 4 to 5 days. Outer meat should not be too dry but still wet on the inside.

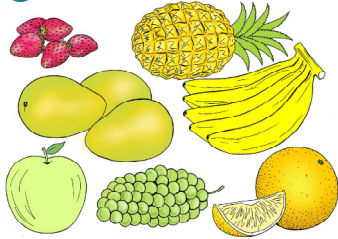


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DIRECTIONS FOR PREPARING & DRYING FRUITS

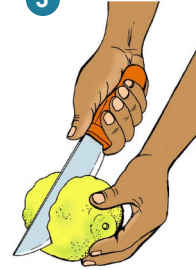
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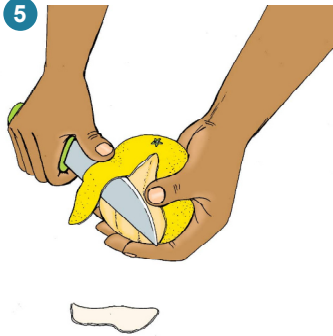
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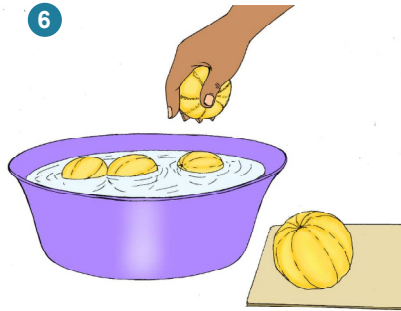
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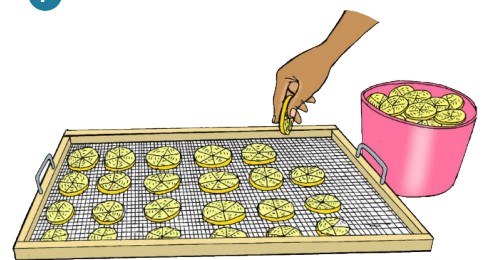
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DIRECTIONS FOR PREPARING & DRYING VEGETABLES

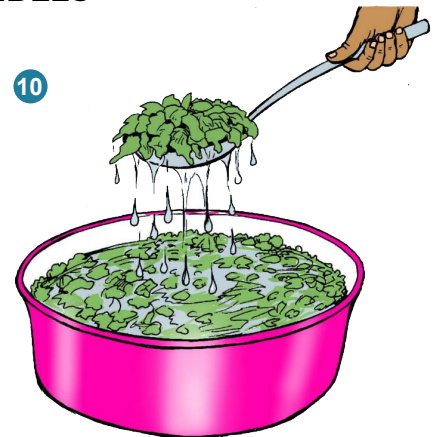
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