Dehydrated Carrot Pieces Processing

Harvesting

Carrots can be harvested when they are partially developed or can be retained in soil until they reach full Maturity stage. They are harvested when the roots are about 1.8cm or large in diameter of the upper end.
Depending on variety, carrots can be harvested between 90-200days after sowing. In tropics, yields are between 20-30tons per hectare and between 10-15tons per hectare in the temperate.

Carrot health benefits

Carrots are good for eyes, lower cancer risks, maintains healthy weights, lower chances of of heart diseases, boosts immune system, lower diabetes risks among others.

Processing dehydrated carrot pieces

collection of carrots

Properly matured carrots are selected for the purpose.They should not have blemish on the surface or any mechanical damage as these may lead to contamination. Unripe carrots affects moisture loss in the process so they should not be used.

Washing

Wash carrots using a carrot washing machine which works with a principle of agitation by rotating drum into water tank.

Cutting

Carrots are cut to give a uniform thickness. This is done to have them into pieces of desired sizes and its done with help of a vegetable cutter.

Blanching

Blanching process is done to inactivate enzymes present in food commodity. Time and temperature combination for carrots is 95 degrees Celsius for 2-3 minutes. After the process, cool the carrots at room temperature.

Dehydration

The carrot pieces are arranged in a single layer on dehydrator trays. leave air spaces between slices and avoid overlapping of slices.
Place trays in dehydrator and dry between 120-140 degrees Celsius until slices are brittle or tough.
Drying time varies from 8-12hours and then turn off the dehydrator to allow cooling at room temperature.

Packaging and storage

Pack immediately for storage. Moisture proof containers like bottles ate more suitable(glass, plastic, Metal).
Store in a cool dark and dry place.