

METHOD FOR PRODUCING DRIED FOOD

ABSTRACT

Provided is a method for producing meat-based dried food that is
5 to be reconstituted by pouring hot or cold water thereto before eating,
comprising: a step of processing a meat raw material or meat-based
food with superheated steam; a step of freezing the meat raw material
or meat-based food processed with superheated steam; and a step of
drying the frozen meat material or meat-based food under reduced
10 pressure. It is possible to reconstitute the dried food produced by the
production method in a short time of about 3 to 5 minutes even if the
dried food is thick.