

ABSTRACT

To provide a method for improving drying efficiency for producing a dried edible plant composition while keeping a characteristic and fresh flavor and color tone inherently possessed by a food product using an edible plant without requiring special equipment or conditions, and a dried edible plant composition having improved quality obtained by this method.

A method for producing a dried edible plant composition,

the dried edible plant composition comprising a non-edible part of an edible plant, in a dried state, in an amount of 3% by mass or more and 70% by mass or less based on the total mass of an edible part and the non-edible part,

the method comprising:

a step of crushing and mixing the edible part and the non-edible part; and

a step of drying until a moisture content reaches 20% by mass or less by forced-air drying at a temperature of 20°C or more and 80°C or less.