

## MODERN METHODS OF DRYING ZUCCHINI

**Sirojiddinov Asliddin Abduvohidjon o'g'li**  
*1st stage master of Gulistan State University*

**Abstract:** *Pumpkin is a rural oxcurve crop in the legume family, monoecious and perennial plants. 13 species are known. Homeland-North and South America. It has long been planted in Central Asia, including Uzbekistan. The remains of the gourd (7th-8th centuries BC) found in the archaeological excavations of tuzloqal'a confirm this. Modern methods of drying zucchini. It is mentioned how to keep it at home.*

**Keywords:** *drying methods, electric dryers, outdoor drying, storage areas*

In addition to jam made from various pickles, I always dry zucchini for the winter. They are very helpful, diversify home cooking and, most importantly, save the family budget. I'm not talking about squash caviar, it's very good. But I'm missing out on another form of storing these wonderful vegetables – drying them. Is it possible to dry zucchini?

And why not? I dry them for the winter in an electric dryer or on a gas stove. If the weather permits, just in the sun: cut them into thin slices and put them on the table. All the useful substances contained in this vegetable are not completely lost after drying. But it shouldn't be full sun-then the pumpkin will be lost. I use a gazebo. It has both shade and normal ventilation. Cover the pumpkin with gauze to protect it from mosquitoes.

Choosing a pumpkin to dry

I don't bother them, but I try to get healthy fruits without visible damage and traces of rot. I take only hard to the touch and only late-ripening varieties:

My requirements for the appearance of the pumpkin are as follows:

integrity and uniform color;

small (medium) size;

I cut them into cubes, rings or half rings, straws.

In this form, I believe that the zucchini is ready for storage.

Drying pumpkins in the oven

These vegetables should be used in bad summer weather, when they can be dried outdoors. I dry them in the oven at a temperature of 45-500, put them on a baking sheet in one layer, without letting the pieces come into contact with each other. I keep them in the oven for up to 10 hours, turning the slices over periodically.

Electric Dryer

The technology of the process is the same as when drying zucchini in the oven. And even more convenient to some extent. I put the washed and sliced vegetables on pallets and dry, swapping them from time to time (there are five of them). I determine the readiness for storage by palpation-dry and hard lumps are ready for storage.

Dried zucchini in an electric dryer can be cooked in 7-10 hours. It depends on the degree of ripeness, as well as the size of the pieces. The method is very convenient, it allows you to save all the useful substances of the pumpkin. If you don't have a dryer, you can use other methods.

Is it possible to dry zucchini for the winter?

Pumpkin can be dried for the winter in an electric dryer, oven or outdoors. In this form, they retain all the vitamins and other components, so they bring maximum benefit to the body.

Drying is carried out in a special dryer or oven. If the weather permits, you can do this outdoors or under a canopy in a well-ventilated area. If you use the device, the cooking time is about 7-10 hours. If it dries naturally, you will have to wait a few days.

#### Selection and preparation of vegetables

Before you start drying zucchini at home, you need to choose and prepare them correctly. Vegetables should have the most dense flesh and the minimum water content. Early varieties of zucchini should be excluded. It is better to take late or medium-ripened varieties, for example:

Black is beautiful;

Gold;

Tsukesha;

Cavili;

White;

Calabash;

Spaghetti;

Alexander;

Jellyfish;

Gribovsky et al.

The requirements for the appearance of the pumpkin are standard. The fruit should be intact, without scratches, dents and other damage. The color is uniform, without rot and stains. If possible, it is better to cook dried zucchini from young fruits. Their skin is not so thick, and the seeds have not yet formed, so it is easier to work with them.

To cook dried zucchini, they need to be pre-prepared. The fruits are thoroughly washed, all impurities are removed, if necessary, use a cloth or rag. If they are young, you do not need to peel them. If it is old, it is better to cut it off, and for this it is optimal to use a vegetable peeler (hostess).

#### Drying pumpkins outdoors

If the weather is warm during the cooking of zucchini, I dry them outdoors. Either I lay them out on towels placed on the table in the gazebo, or I hang them on a thread with which I pierce the pieces with a needle. The process attracts with its environmental friendliness, but at the same time the pumpkin does not lose its taste qualities and useful substances.

#### Checking the readiness of the pumpkin

It is simple and primarily determined by the hardness of the product. The flesh of the slices should darken and shrivel, but the slices should look dried up and not release juice when pressed.

When storing dried zucchini, keep in mind that after the drying process they will decrease in volume by almost half. I usually let them dry, put them in glass jars and close them tightly with plastic lids. I keep some of the boxes on the kitchen shelf – I safely consume their contents until the New Year. But I always leave a few cans in the fridge – they can be successfully stored there until next season.

### Energy value and composition

Firstly, pumpkin is a source of vitamins. It contains vitamins A, C, E, K, T, PP, as well as vitamins B1, B2, B5 and B6, which improve digestion and strengthen the immune system.

Pumpkin contains a large amount of valuable fibers, carotene and pectin, as well as minerals that ensure the health of various organs and systems such as potassium, calcium, magnesium, zinc, copper, iron and phosphorus. Therefore, it is also not worth doubting the benefits of pumpkin for the body. In addition, zucchini is a low-calorie product, 100 grams of which contains about 25 kcal, 1 g of protein, 0.1 g of fat, 4.4 g of carbohydrates and water. As is the case with many types of seasonal vegetables, there are simple rules for cooking the product, allowing you to cope with quick and easy cooking and get valuable raw materials for cooking delicious dishes.

The drying process should be carried out outdoors, in a special dryer or oven. Drying in the oven is carried out at a temperature of 55-60 degrees, in the dryer-according to the instructions. It is very easy to dry. You should choose young zucchini or small zucchini. If you plan to dry large overripe zucchini, you must first remove the seeds and pulp from them. The fruits need to be washed and cleaned, cut off the "tails". Then the zucchini should be cut into pieces no more than 2 cm and blanched for 2 minutes. After that, the resulting product should be cooled in cold water and filtered. Then the pumpkin is spread on a baking sheet and put in the oven for 5-7 hours at a temperature no higher than 50 ° C. Then the pumpkin is taken out and allowed to stand for an hour. If the moisture has not evaporated completely, and the zucchini only looks dried, they should be dried for another 2 hours.

### Stages of pumpkin drying

1. Choose zucchini: it is important that these vegetables are ripe and their stems are at least three centimeters long. The latter is very important, since zucchini removes moisture from there. Another aspect to keep in mind is that the bigger the pumpkin, the longer it will take for it to dry completely.

2. Wash the pumpkins: After we have selected the pumpkins, it's time to wash them thoroughly to remove any remaining dirt and dirt that may be on them. This task should be performed with warm water and soap. You can do this without fear of damaging the vegetables, because their skins are very strong and hard.

3. Leave them in the bleach mixture: after the first wash, it is best to soak them in a mixture of hot water with a small amount of bleach, no more than one cap. They should rest there for about twenty minutes. Then we need to rinse them with cold water again.

4. Drying zucchini: When it comes to drying these vegetables, we need to find a place in the house with good air circulation and, if possible, sunlight. Although it is true that pumpkin can be dried outdoors, it can be infested with insects there. Once a week, you need to turn the vegetables so that the supporting part also dries.

5. Dry the pumpkins (alternative): another way to dry pumpkins is to hang them on a fairly sturdy structure. This style is much more convenient because they dry evenly, so they don't need to be turned over.

Another way to process pumpkin is to prepare pumpkin powder. To do this, use the

following method:

- \* wash the Pumpkin, peel;
- \* cut into pieces and remove the seeds;
- Bake for 10-20 minutes;
- \* strain through a fine sieve;
- dry at +135 C0 for only a few minutes.

There are many recipes for salting zucchini. One of them requires the following ingredients:

- water - 1 liter;
- vinegar 9% - 80 ml;
- salt-30 g;
- sugar-20 g;
- \* bay leaf, black pepper, cinnamon and cloves;
- \* and, of course, zucchini.

## REFERENCES

1. V.I.Zuev, O. Kadyr Khodjaev, M.M.Adilov, U.I.Akramov ” vegetable growing and melon growing " 2009.
2. D.Y.Uogmatova, M.Ibragimov, D.S.Uogmatova” Fruit and vegetable growing " Tashkent-<->-2008
3. X.Ch.Bo selection and seed production of vegetable crops “ riev” Tashkent “cocktail" 1999
4. Ungarov A., Sirojiddinov A. AGRAR SOHANI RIVOJLANTIRISHDA RESURSLARDAN SAMARALI FOYDALANISH VA INNOVATSION TEXNOLOGIYALAR ISTIQBOLLARI //Евразийский журнал академических исследований. – 2023. – Т. 3. – №. 1 Part 3. – С. 16-18.
5. Ungarov, Azizbek, and Asliddin Sirojiddinov. "AGRAR SOHANI RIVOJLANTIRISHDA RESURSLARDAN SAMARALI FOYDALANISH VA INNOVATSION TEXNOLOGIYALAR ISTIQBOLLARI." Евразийский журнал академических исследований 3.1 Part 3 (2023): 16-18.
6. Ungarov, A., & Sirojiddinov, A. (2023). AGRAR SOHANI RIVOJLANTIRISHDA RESURSLARDAN SAMARALI FOYDALANISH VA INNOVATSION TEXNOLOGIYALAR ISTIQBOLLARI. Евразийский журнал академических исследований, 3(1 Part 3), 16-18.