

Dry Fruits And Nuts

The sweet has a history of a few centuries (three centuries by some accounts). It is said that a village woman first prepared the sweet by adding sugar and ghee to leftover rice starch. Atreyapuram villagers soon started making wrappers from rice flour, put sugar and ghee inside and folded them... 811b5b7651

Fruits are the means by which angiosperms disseminate their seeds. Edible fruits in particular have long propagated using the movements of humans and other animals in a symbiotic relationship that is the means for seed dispersal for the one group and nutrition for the other; humans, and many other animals, have become dependent on fruits as a source of food. Consequently, fruits account for a substantial fraction of the world's agricultural output, and some (such as the apple and the pomegranate) have acquired extensive cultural and symbolic meanings. 811b5b7651

List of culinary nuts Culinary nuts are divided into fruits or seeds in one of four categories: . be culinary nuts. In addition to botanical nuts, fruits and seeds that have a similar appearance and culinary role are considered to be culinary nuts. Nuts are used in a wide variety of edible roles, including in baking, as snacks (either roasted or raw), and as flavoring. Culinary nuts are divided into fruits or seeds in one of four categories: True, or botanical nuts: dry, hard-shelled, uncompartmented A culinary nut is a dry, edible fruit or seed that usually, but not always, has a high fat content 811b5b7651

True, or botanical nuts: dry, hard-shelled, uncompartmented fruit that do not split on maturity to release seeds (e.g. hazelnuts); 811b5b7651

Pootharekulu The sweet is wrapped in a wafer-thin rice starch layer resembling paper and is stuffed with sugar, dry fruits and nuts. The sweet is popular for festivals, religious occasions and weddings in the Telugu Pootharekulu (plural) or poothareku (singular) is a popular Indian sweet from the Andhra Pradesh state of south India. layer resembling paper and is stuffed with sugar, dry fruits and nuts. The sweet is popular for festivals, religious occasions and weddings in the Telugu states 811b5b7651

The main ingredients used in sheer khurma are vermicelli, whole milk, sugar, and dates. Depending on the region, cardamom, pistachios, almonds, cloves, saffron, raisins, and rose water are also added. 811b5b7651 Pootharekulu were created in Atreyapuram, a village and mandal headquarters in the East Godavari district of Andhra Pradesh. 811b5b7651 Drupes: seed contained within a pit (stone or pyrena) that itself is surrounded by a fleshy fruit (e.g. almonds, walnuts); 811b5b7651 == Botanical vs. culinary == 811b5b7651 Gymnosperm seeds: naked seeds, with no enclosure (e.g. pine nuts); 811b5b7651

Allahabadi Christmas fruitcake Tidings of Comfort and Joy: A Allahabadi Christmas fruitcake (Nastaleeq: آ بادی کرسمس فروٹ, Devanagari: आबदी क्रिस्मस फ्रूट) is a traditional Indian rum fruit cake originating and lending its name from the north Indian city of Allahabad. Dry fruits and nuts are soaked in rum for enhanced flavour. ingredients. Food portal India portal Rhodes, Pam (22 October 2015). Allahabadi cake is a Christmas cake popularly prepared for consumption during Christmastide by the Christian population of India and Pakistan 811b5b7651

Dry fruits can be classed into dehiscent, indehiscent and schizocarpic dry fruits. 811b5b7651

Dry fruits Dry fruits can be classed into dehiscent, indehiscent and schizocarpic dry fruits. In dehiscent In botany, dry fruits are fruits which have a hard, dry pericarp around their seeds, these commonly disperse via wind with help of 'wings' and 'parachutes' or via animals with help of hooks which latch on animal fur or when seeds are consumed by the animals. language, dry fruits may also refer to dried fruits and nuts. They are different from fleshy fruits based on their dry pericarp, in which the exocarp, mesocarp and endocarp are not clearly distinguishable from each other 811b5b7651

== Ingredients == 811b5b7651 == History == 811b5b7651 Modern recipes are not limited to the traditional dried pears but include an assortment of nuts and dried fruits like raisins, currants, dates, prunes and figs. It's a quickbread made by adding sodium bicarbonate and buttermilk to the sifted dry ingredients, then folding in any chopped nuts or dried fruits. It is often decorated with blanched almonds. 811b5b7651 In common language, dry fruits may also refer to dried fruits and nuts. 811b5b7651 This special dish is served on the morning of Eid day in the family after the Eid prayer as breakfast, and throughout the day to all the visiting guests. In its original

form, it consists of dates mixed with milk from Iran and dry fruits and nuts from Afghanistan, and is modified in India by the addition of fried semia and caramelised sugar. 811b5b7651

== Preparation == 811b5b7651 In common language and culinary usage, fruit normally means the seed-associated fleshy structures (or produce) of plants that are typically sweet (or sour) and edible in the raw state, such as apples, bananas, grapes, lemons, oranges, and strawberries. In botanical usage, the term fruit includes many structures that are not commonly called as such in everyday language, such as nuts, bean pods, corn kernels, tomatoes, and wheat grains. 811b5b7651

Dried fruit Dried fruit has a long tradition of use dating to the fourth millennium BC in Mesopotamia, and is valued for its sweet taste, nutritional content, and long shelf life. apricots, peaches, apples, and pears. Drying may occur either naturally, by sun, through the use of industrial dehydrators, or by freeze drying. These are referred to as "conventional" or "traditional" dried fruits: fruits that have been dried in the sun or in commercial Dried fruit is fruit from which the majority of the original water content has been removed prior to cooking or being eaten on its own 811b5b7651

The name of the sweet literally means 'coated sheet' in the Telugu language—pootha means 'coating' and reku (plural rekulu) means 'sheet' in Telugu. The making of pootharekulu is a cottage industry in Atreyapuram, where around 400 families are dependent on the making and marketing of the sweet. As of October 2018, the state of Andhra Pradesh was said to be in the process of applying for Geographic Indication (GI) tag for the sweet. 811b5b7651

Kletzenbrot Modern varieties are usually made with dried fruits and nuts like walnuts, raisins, currants, dried apples Kletzenbrot is a sweet bread with dried fruits, especially dried pears (called Kletzen in Austrian German) made for the Advent season in some Christian countries, notably associated with the Austrian state of Tyrol, and sometimes called Tyrolean Dried Fruit Bread. and sometimes called Tyrolean Dried Fruit Bread. There are many possible varieties of the loaf, which is sometimes made with rye flour for a dark brown loaf, but can also be made with whole wheat flour. The flour can either be just incorporated in the dough with the dried fruit or it can be used to make an extra dough coating. Most recipes add spices like cinnamon, cloves, anise, nutmeg, and rum for extra flavor. Modern varieties are usually made with dried fruits and nuts

like walnuts, raisins, currants, dried apples, figs and prunes
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== Species and geographic spread == 811b5b7651 == Ingredients
== 811b5b7651 == History == 811b5b7651 == Classification ==
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Fruit Fruits are the means by which angiosperms disseminate their seeds. Edible fruits in particular have long propagated using the movements of humans and In botany, a fruit is the seed-bearing structure in flowering plants (angiosperms) that is formed from the ovary after flowering 811b5b7651

In the 21st century, dried fruit consumption is widespread worldwide. Nearly half of dried fruits sold are raisins, followed by dates, prunes, figs, apricots, peaches, apples, and pears. These are referred to as "conventional" or "traditional" dried fruits: fruits that have been dried in the sun or in commercial dryers. Many fruits, such as cranberries, blueberries, cherries, strawberries, and mango are infused with a sweetener (e.g., sucrose syrup) prior to drying. Some products sold as dried fruit, like papaya, kiwifruit and pineapple, are most often candied fruit. 811b5b7651

Dried cherry Retrieved 2026-05-22. They consist of cherries which have been subjected to a drying process. Archived from the original on 2025-08-13. Sour Cherries vs. Dried cherries are a type of dried fruit. Ayoub's Dried Fruits & Nuts. Sweet Cherries: What's the Difference. "
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Sweet varieties recommended for drying include Lambert, Royal Ann, Napoleon, Van, or Bing; tart varieties recommended for drying include Early Richmond or Large Montmorency. Most cherries sold in North America are sour varieties (either Montmorency or Morello). The first... 811b5b7651 In dehiscent dry fruits, the pericarp splits open to release the seeds, these include capsules, follicles and legumes. While in indehiscent dry fruits, the pericarp does not split open and seeds generally dispersed by wind or animals, these include nuts, achenes, caryopses, samaras and nutlets. In schizocarps, the fruit splits open but the seeds are not released, these include cremocarps and double samaras. 811b5b7651 As pines are gymnosperms, not angiosperms (flowering plants), pine nuts are not "true nuts"; they are not botanical fruits, the seed not being enclosed in an ovary which develops into the fruit, but simply bare seeds—"gymnosperm" meaning literally "naked seed" (from Ancient Greek: γυμνός, romanized: gymnos, lit. 'naked')

and σπέρμα, sperma, 'seed'). The similarity of pine nuts to some angiosperm fruits is an example of convergent evolution. 811b5b7651 == Production == 811b5b7651 One method for industrial production of dried cherries involves first dipping them in a boiling 0.5–2% solution of sodium carbonate (NaCO₃) for up to 20 seconds, and then rinsing in cool water; this induces small cracks in the skin and speeds up the drying process. Some other possible materials for the dipping solution include ethyl oleate and oleyl alcohol; adding alkalis like potassium carbonate (K₂CO₃) to such a dip was shown to have no positive effect on drying time. Such results had already been demonstrated in scientific research by the 1940s. Dried cherries might also be produced by freeze drying or air drying. After drying, they typically have a moisture content of around 25%. Adding sulfur dioxide (SO₂) may help to improve color and flavour retention over long periods of storage. 811b5b7651 Angiosperm: seeds surrounded by an enclosure, such as a pod or a fruit (e.g. peanuts). 811b5b7651 Allahabadi cake is made with maida, eggs, clarified butter, sugar, petha, marmalade, nuts, ginger and fennel as its main ingredients. Dry fruits and nuts are soaked in rum for enhanced flavour. 811b5b7651 Nuts have a rich history as food. For many indigenous peoples of the Americas, a wide variety of nuts, including acorns, American beech, and others, served as a major source of starch and fat over thousands of years. Similarly, a wide variety of nuts have served as food for Indigenous Australians for many centuries. Other culinary nuts, though known from ancient... 811b5b7651

Pine nut The similarity of pine nuts to some angiosperm fruits is an example of convergent evolution Pine nuts, also called piñón (Spanish: [pi'non]), pinoli (Italian: [pi'no:li]), or pignoli, are the edible seeds of pines (family Pinaceae, genus Pinus). The biggest exporters of pine nuts are China, Russia, North Korea, and Pakistan. romanized: gymnos, lit.

‘naked’; and σπέρμα, sperma, ‘seed’). According to the Food and Agriculture Organization, only 29 species provide edible nuts, while 20 are traded locally or internationally owing to their seed size being large enough to be worth harvesting; in other pines, the seeds are also edible but are too small to be of notable value as human food 811b5b7651

Sheer khurma mixed with milk from Iran and dry fruits and nuts from Afghanistan, and is modified in India by the addition of fried semia and caramelised sugar. It is equivalent to shemai, a Bengali dessert. Depending on the region, cardamom, pistachios, almonds, cloves, saffron, raisins, and rose water

are also added. The main Sheer khurma, sheer khorma, or seviyan (Persian: شیر خرما, romanized: shîr xormâ "milk and dates") is a festival vermicelli pudding prepared by Muslims on Eid ul-Fitr and Eid al-Adha in India, Pakistan, Afghanistan, and parts of Central Asia. This dish is made from various dry fruits, vermicelli, condensed milk, sugar, and possibly other ingredients. It is a traditional Muslim festive breakfast, and a dessert for celebrations 811b5b7651

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