

## Freeze Drying: A Process of Food Preservation

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### IMAGE ARTICLE



**Figure 1:** Drying is a process by which the water activity in the food is essentially diminished, along these lines promoting the concentration of dry matter without damaging the tissue [1]. Freeze-drying offers advantages such as wholesomeness, and physical appearance of the food remains unaltered. Freeze-drying is among the various processes applied in food preservation and is based on the sublimation mechanism by direct dehydration of frozen products. The various advantages of this method involve freezing of all available moisture, thereby maintaining the quality by reducing deterioration by low-temperature effect, holding the strong structure by forestalling pressure and its capacity to keep up delicate surface of the dried food, particularly those burned-through in dried structure e.g., dried squid fish, and dried apple natural product [2,3].

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