



# Fruit Rollup Fruit Leather Persian Lavāshak

OFS Kitchen Lab  
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# History of Food Preservation Methods

## ❖ Drying / Dehydrating

- Prehistory evidence dating to 12th millennium BCE
  - In Middle East and oriental cultures with warmer climates
- Documented history dating to 509-457 BCE
  - Persepolis fortification cuneiform tablets, Southern Iran

## ❖ Followed by *(not necessarily in this order)*

- Fermenting
- Pickling
- Curing
- Jamming
- Canning
- Freezing
- Etc....

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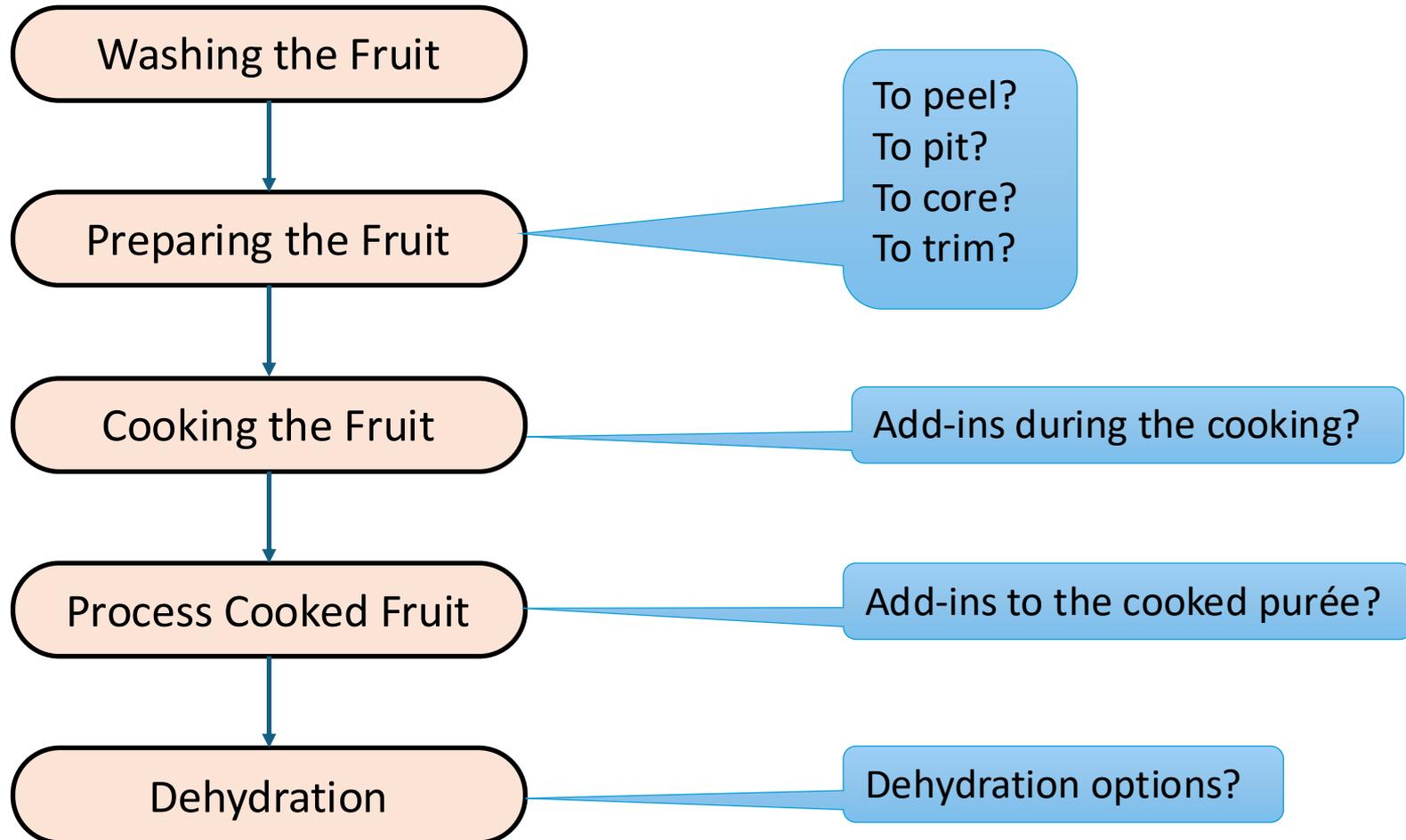
# PERSEPOLIS FORTIFICATION TABLETS

BY RICHARD T. HALLOCK

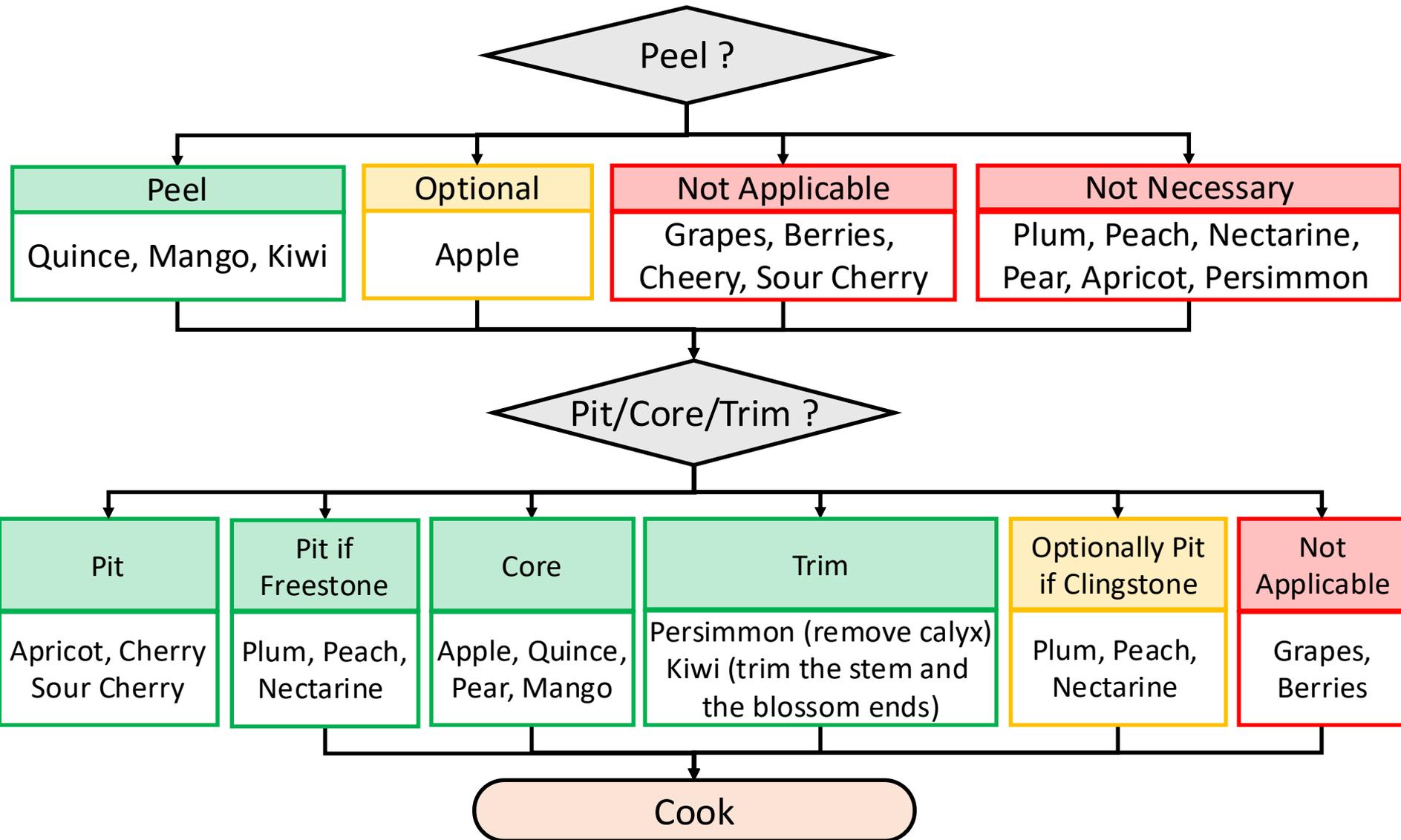
carry-over), no expenditures, and no withdrawals. There is therefore no need for a three-column tabulation. The only information conveyed by the elaborate balanced accounting in lines 33–41 is that the  $6\frac{2}{3}\%$  *irtiba* of various fruits carried forward from the 18th year were simply held and again carried forward as balanced in the 19th year. From this case, and from other cases in which the balance exceeds the current receipts and hence comes in part from the carry-over (e.g. PF 1987:63–66), the question arises how the fruits could be kept for a year without spoiling. The probable answer would seem to be that these fruits were dried.

PF 1990 covers only one year and lacks certain features present in PF 1992 and 1987

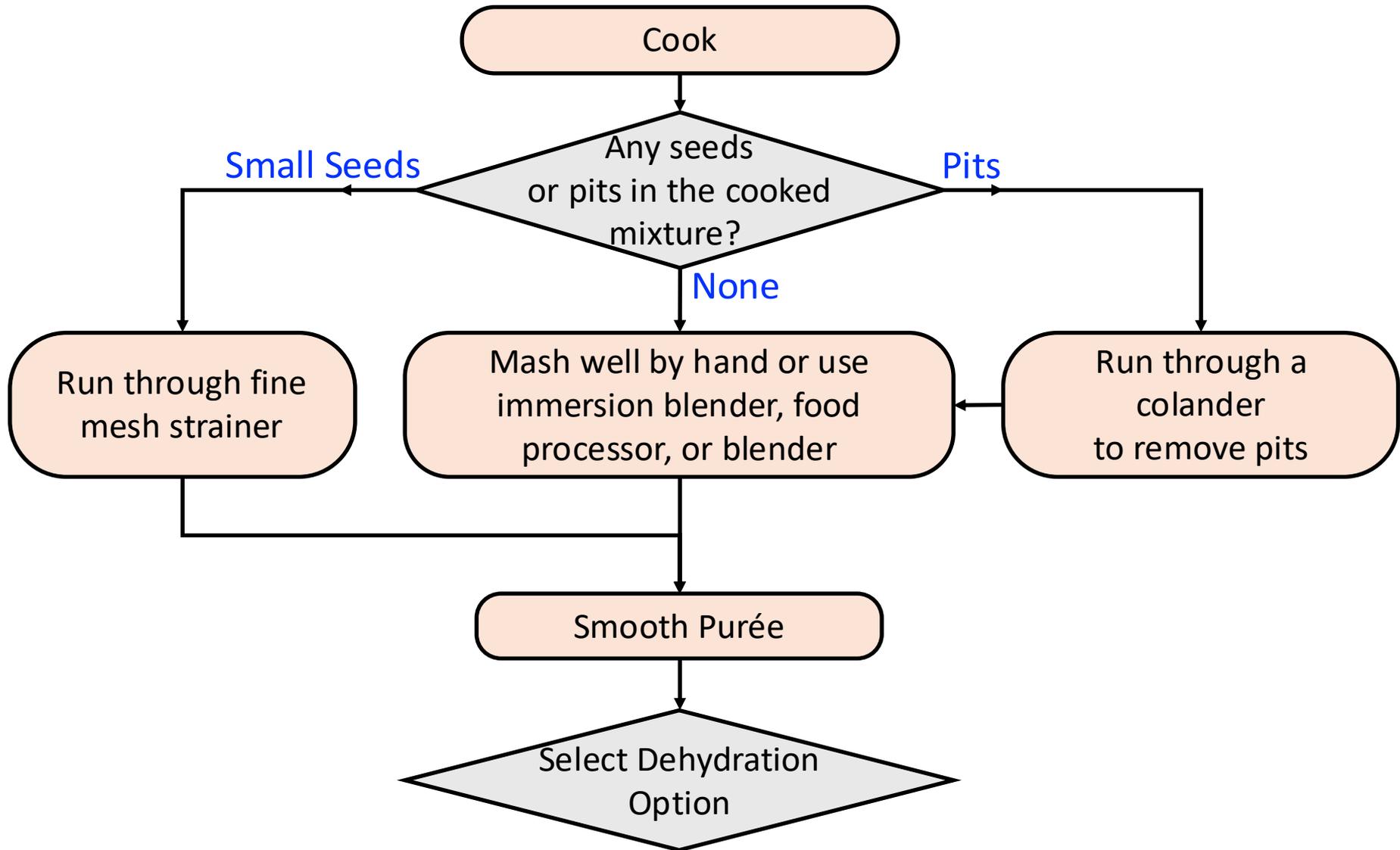
# Overall Process & Key Considerations



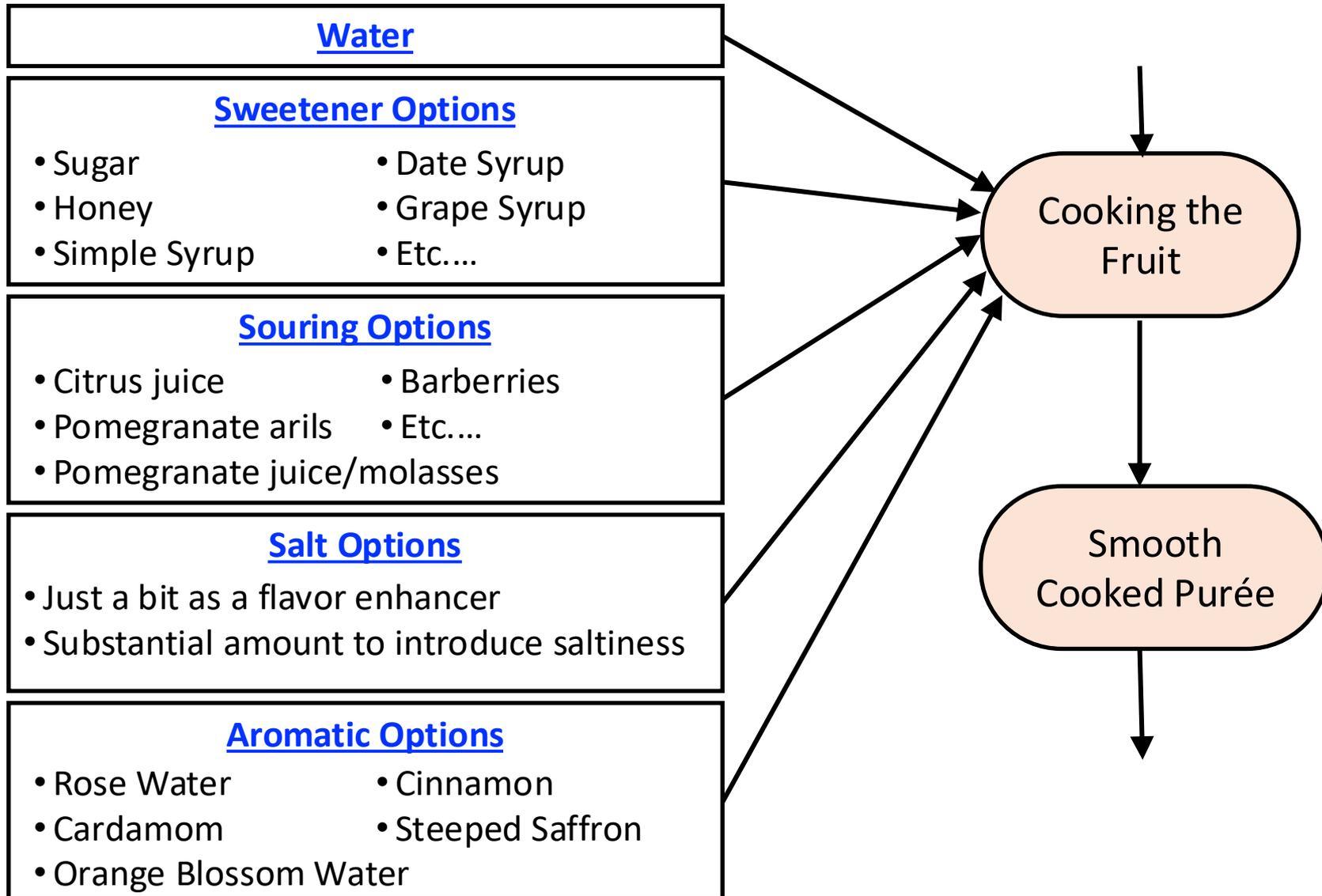
# Preparing the Fruit



# Processing the Cooked Fruit



# Add-Ins During the Cooking



# How much water

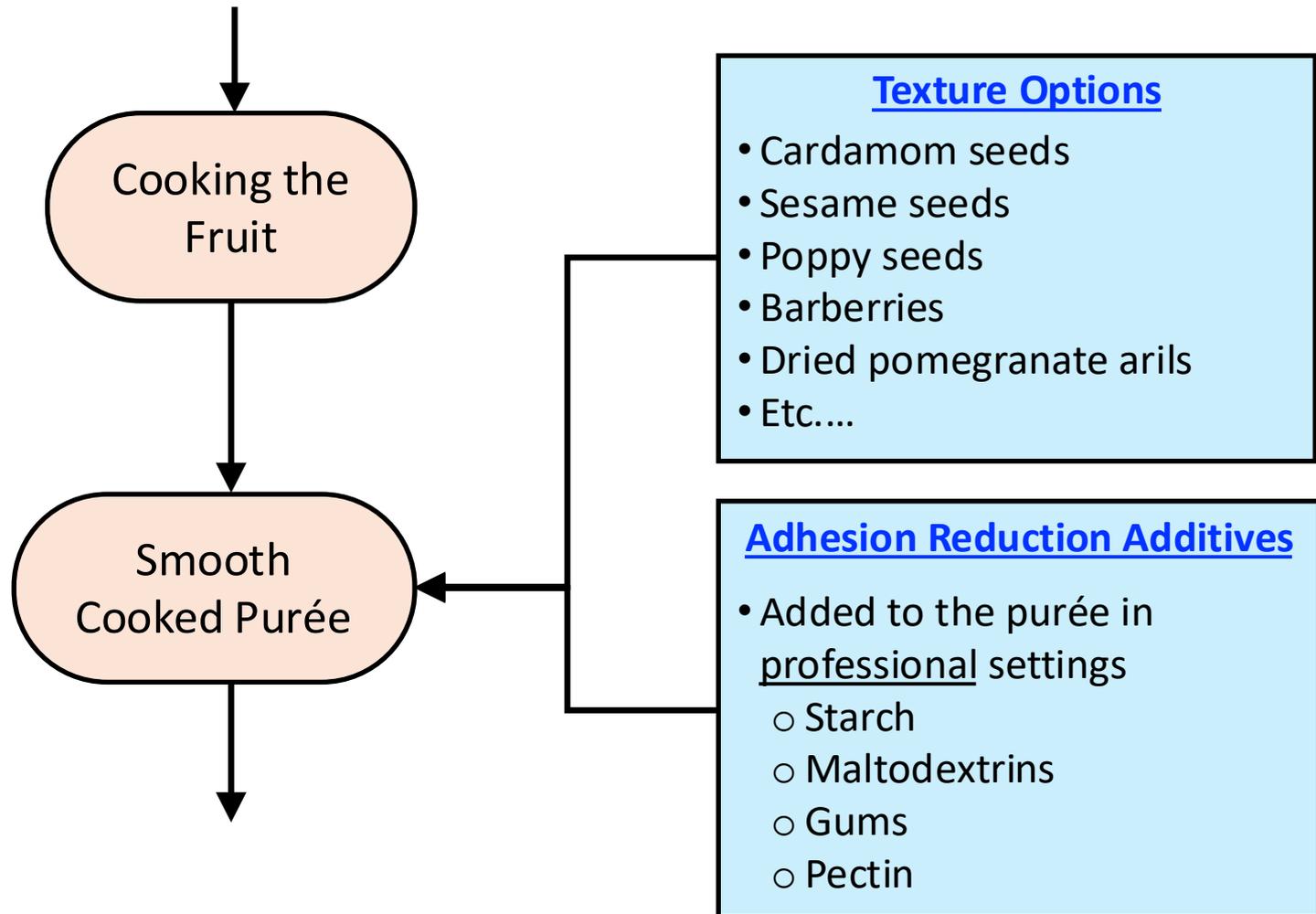
## ❖ Hard to tell !!

- There is no wrong answer
- Very much depends on the ripeness of the fruit
- Too much water -> longer dehydration time
- Not enough water -> higher risk of scorching if not stirred often

## ❖ Rough Amounts

- Stone fruit (peach, nectarine, apricot, sour plum, cherry)
  - 1 cup per 1 kg of fruit
- Softer stone fruit (ripen red plums), Berries, Mango
  - 3/4 cup per 1 kg of fruit
- Apple, Pear, Persimmon
  - 1.5 cup per 1 kg of fruit
- Quince
  - 2 cups per 1 kg of fruit

# Add-Ins for the Cooked Purée



# Vessel for Dehydration

## ❖ Shape

- Anything will do

## ❖ Depth

- The shallower the easier to spread the purée evenly

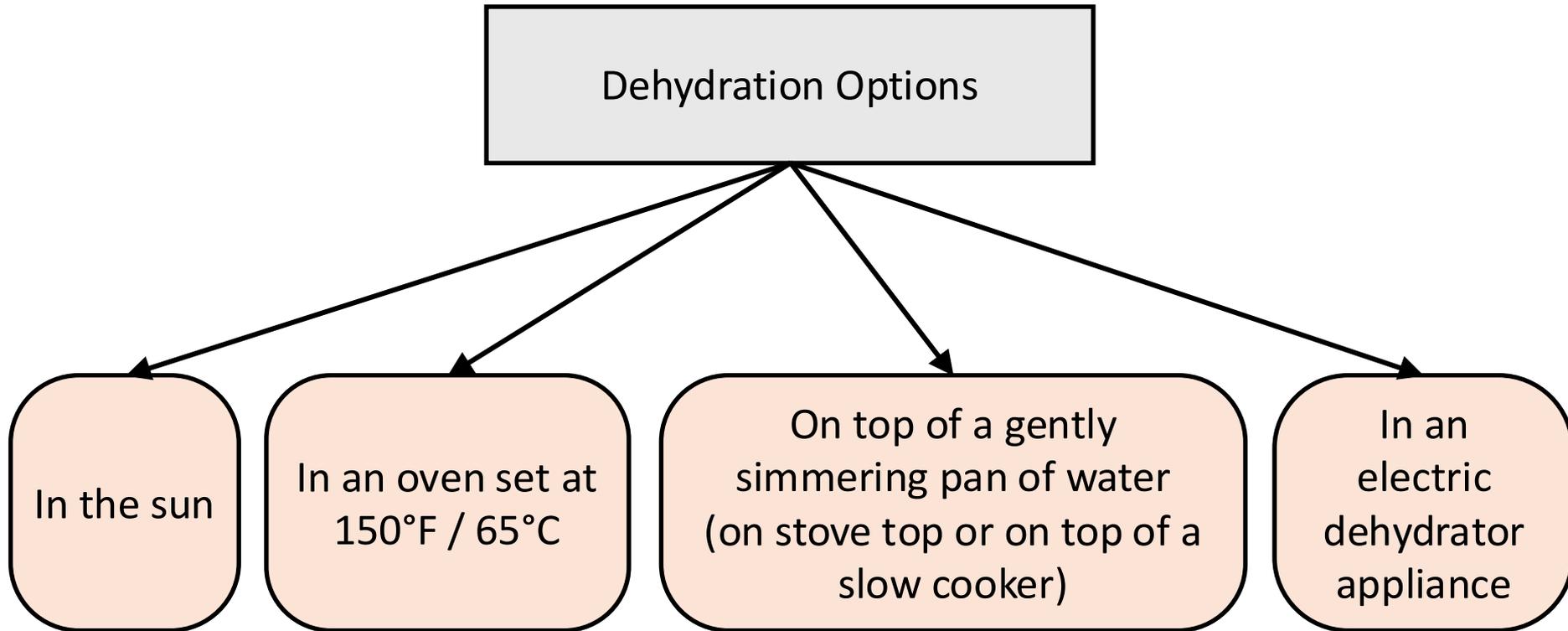
## ❖ Size of vessel vs. amount of purée

- Depends on how thick of a lavāshak you desire
- Roughly speaking
  - 3 cups of purée for 12” round or 9x13” rectangular vessel

## ❖ Options for lining the vessel

- Layer of clear cling plastic wrap
- Sheet of parchment paper cut to fit the bottom of the vessel
- Very thin layer of neutral oil

# Dehydration Options



*Nader's preferred options.*

# Apricot – Pitted before cooking



# Sour Plums – Not pitted before cooking



# Dehydrating in the Sun



# Fall and Winter Fruit Ideas

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- ❖ Apples
- ❖ Pears
- ❖ Persimmon
- ❖ Quince
- ❖ Pomegranate (arils, juice)
- ❖ ...