

Value-addition to Kenkey, an indigenous African fermented food, targeting the international market

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ABSTRACT

To reengineer kenkey targeting the international market, a survey of the production and consumption of different types of kenkey, review of regulatory opportunities, value chain analysis, chemical, textural and microbiological analysis, and sensory and consumer tests were carried out. Sensory preference for European consumers were mild, less acidic, bland taste, white colour and soft textured kenkey. Nsiho or white kenkey made from dehulled maize grains was, therefore, selected for re-engineering. *L. plantarum* and *S. cerevisiae* were tested as starter culture for white kenkey. Attempts to package kenkey in sausage casing rather than maize husks was not successful. Moulding into cylindrical shapes rather than the traditional round balls has been attractive to consumers.

INTRODUCTION

- Kenkey is a sour dumpling made from fermented maize dough which is wrapped in leaves and cooked.
- There are different types of kenkey and include Ga-kenkey, Fanti-Kenkey, Nsiho, Sweet kenkey, Fomfom.
- Production and consumption of kenkey is limited to Ghana in West Africa.
- The present work is being carried out to re-engineer kenkey for the international market

METHODS

- Survey of production and consumption of different types of kenkey in Ghana.
- Review of regulatory opportunities
- Chemical analysis
- Microbiological analysis
- Textural analysis
- Sensory and consumer testing,
- Packaging

RESULTS

Some sensory attributes preferred for kenkey by non-Ghanaian consumers

- Bland or mild taste
- Sweet taste
- Less sour product
- Soft texture
- White colour

WHITE KENKEY(NSIHO)

