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PLANTAIN-WHEAT COMPOSITE FLOUR



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Plantain is a potential national food security and decreases rural poverty. However, there are huge post-harvest losses that can be curtailed by processing into value added foods. Matured green plantain may be processed into plantain flour. Wheat flour can be added to plantain flour to form plantain-wheat composite flour. Plantain-wheat composite flour can be used by bakery and confectionery industries. Plantain composite flour is nutritious and quite versatile in its bakery applications as it contains high carbo-

hydrate content and minerals. Plantain composite flour may consist of a mixture of plantain flour and wheat flour and/ or any other grain, cereal and legume flour. The plantain- wheat composite flour can be used in preparation of bread, cookies, cake, meat pie, doughnut, chips, chinchin, tatale, bofrot, togbee etc. Processing plantain composite flour is simple and does not require sophisticated equipment. Processing steps for plantain-wheat composite flour is outlined below:

PROCESSING OF PLANTAIN - WHEAT FLOUR

STEP 1	RAW MATERIAL	Select mature and healthy green plantain for flour production
STEP 2	WASHING	Wash plantain with clean potable water to remove dirt and other impurities
STEP 3	PEELING	Peel plantain with a sharp stainless steel knife and remove all discoloured parts.
STEP 4	WASHING	Wash peeled plantain with clean potable water
STEP 5	SLICING	Cut / slice peeled plantain into thin slices to facilitate drying process.
STEP 6	DRYING	Spread out the thin slices of plantain on a clean drying tray. Be sure to spread the slices evenly for uniform and rapid drying. Dry the slices until they become firm and brittle.
STEP 7	MILLING	Mill the dry slices / chips into flour using a hammer mill. After milling, the flour may be sifted to obtain a free flowing plantain flour with uniform particle size.
STEP 8	PACKAGING	Package the plantain flour into moisture-proof high density polyethylene (HDPE) pouches and seal airtight using an electric impulse sealer. The filled HDPE may then be packaged into retail cardboard boxes.



Fig. 1. Stages of processing plantain-wheat composite flour

PLANTAIN-WHEAT COMPOSITE FLOUR FLOW CHART

