

TECHNICAL SHEET

Banana flour for use in local dishes (Foufou, foutou) and in pastries

Processing of plantain

Bananas are: 1) a good source of potassium, which is involved in balancing body fluids; 2) and are an ideal food for young children, the disabled and people with HIV/AIDS (FAO, 2012). Bananas can be processed into dry pods and flour. The pods and flour can be stored for up to six months (FAO, 2012). They can be sold or used to make value-added products to increase income.

Banana flour can be mixed with cereals, vegetables and tubers or roots to make tasty and nutritious porridge, bakery products and infant food (FAO, 2012). It can also be used as a relief food in emergency situations, such as droughts, floods and other disasters (FAO, 2012). The inedible parts of the banana can be used to make livestock feed and compost, or handicrafts from banana fiber, such as hats, bags and purses (FAO, 2012).

Bananas therefore play an important role in health, food security and as a source of income (FAO, 2012).

Importance of plantain flour

The objective of setting up a flour production process is to (i) reduce post-harvest losses through processing, (ii) develop a high value-added product from plantain, (iii) market a product that offers several possibilities for use with a view to increasing plantain consumption and (iv) produce instant plantain foutou (PPAAO/WAAPP, 2013). Thus, the PPAAO/WAAPP encourages the use of this bread flour by proposing a wide range of dishes made from plantain flour (PPAAO/WAAPP, 2013). These include cakes, croquettes, madeleines, shortbread and local dishes such as APITI, KPA, DOCLOUN, etc. (PPAAO/WAAPP, 2013).

Production of plantain flour

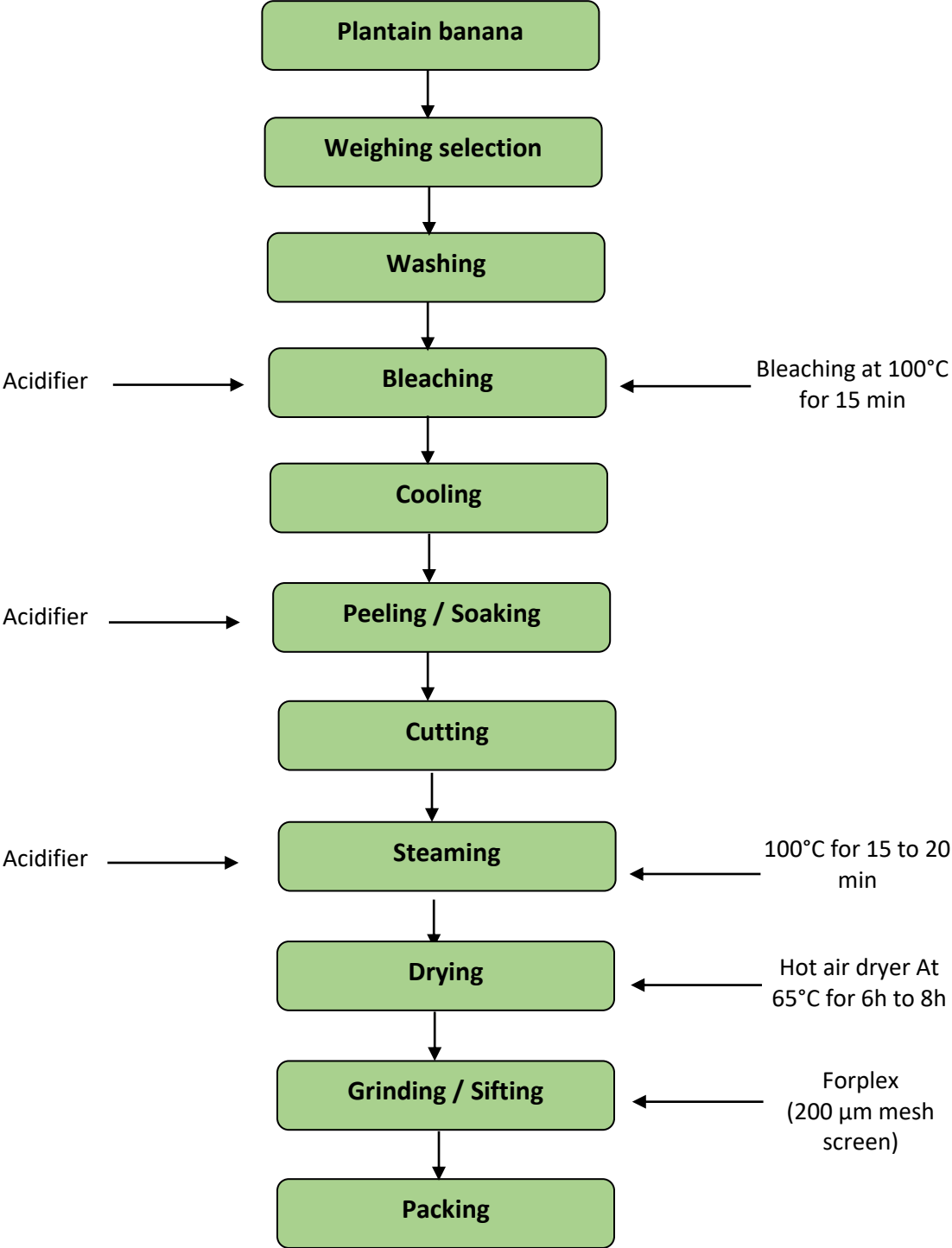


Figure 1 : Process for the production of plantain flour (source : PPAO/WAAPP, 2013)

Characteristics of the technology

- Production yield of plantain flour varies between 17% and 25% depending on the variety
- Flour shelf life : 6 months

Bibliographic references

FAO (2012) : Fabrication de cossettes et de farine de banane, Tanzania ; Technologies and Practices for Small Agriductural Producers (TICA) ; 5p.

PPAAO/WAAPP (2013) : Journées agricoles en milieu paysan : valuation de 2 nouvelles variétés de banane plantain ; Dossier spécial sur la farine de banane plantain/Côte d'Ivoire ; 13p.

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Other references

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