

TECHNICAL SHEET

Compound bread (valorization of local flours in bread making)

Compound bread technology

In 1964, in response to the alarming increase in the consumption of wheat-based products, the FAO launched a vast program to add value to local cereals in Africa (RECA, 2019). This tropical cereal breeding project launched by the FAO in its compound flour program had a noble aim: to limit the dependence of sub-Saharan African countries on wheat-producing countries and to find outlets for local cereals (SAUTIER and O' DÉYÉ, 1989, cited by RECA, 2019). Therefore, in many countries, the incorporation of certain quantities of local cereal flour has been tested with the primary objective of reducing imports and enhancing the value of local cereals and securing new outlets for them (RECA, 2019).

Advantages of compound bread

- Millet, sorghum, and cowpea are gluten-free so provide a solution for those with gluten allergies (RECA, 2019). - Millet, sorghum, and cowpea are richer in protein, iron and minerals than wheat so incorporating them provides more nutrients than wheat alone (RECA, 2019). - The incorporation of millet, sorghum and cowpea in bread could reduce the import of wheat flour by 30%, or about 4 billion CFA francs, which would return to our producers and processors and reduce poverty (RECA, 2019). - The incorporation of cowpea and sorghum up to 50% can improve the diet of diabetics. - The shape of the baguette and its composition offer a longer shelf life than wheat bread (RECA, 2019).

Characteristics of the technology

- It used more than 10 cereals and legumes (millet, sorghum, cowpea, dorey, onion, groundnut, souchet, anza, gamsa, loubatou, dates, etc.) in bread and pastry products.
- Millet, sorghum, and cowpea varieties suitable for bread-making with an acceptable taste and texture for consumers.

Bibliographic references

RECA (2019) : Du pain composé avec moins de blé importé et plus de farines locales, actuellement un espoir déçu ? ; Réseau National des Chambres d'Agriculture du Niger ; 5p.

Web sites consulted

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Other references

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