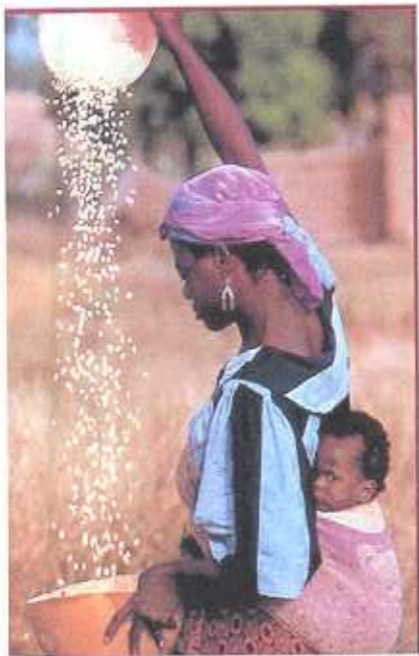




**HOUSEHOLD  
PREPARATION OF**

**HIGH QUALITY  
BAMBARA FLOUR**

**EXTENSION MANUAL FOR  
TRAINERS**



**CSIR - FOOD RESEARCH  
INSTITUTE, P.O. BOX M.20,  
ACCRA, GHANA**

**Tel: 233-21-777330**

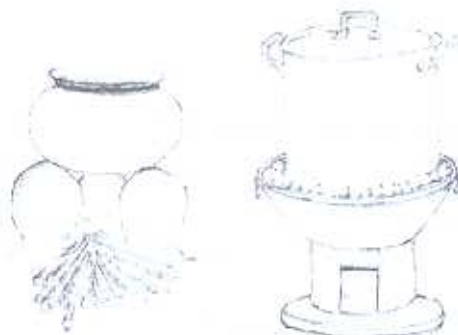
## HOUSEHOLD PREPARATION OF HIGH QUALITY BAMBARA FLOUR



*Winnowing to separate seed coat*

### PROCESS

- Wash and soak 2 American tins (4 kg) of bambara beans for one hour
- Boil for 20 minutes using traditional cooking methods
- Drain and spread on a platform to dry in the sun
- Break loosely in local Corn Mill or by pounding with mortar & pestle
- Winnow to separate seed coat
- Mill into flour



*Traditional techniques for boiling Bambara*

- Allow to cool and pack in closed containers
- Store HIGH QUALITY BAMBARA FLOUR for household use

### NUTRITION INFORMATION

The High Quality Bambara Flour is a complete food nutritionally. It has:

6-10 % Moisture

21 % Protein

8 % Fat

61 % Carbohydrates.

### USES

Traditional foods such as Akla and Tubani. Also used in recipes and other formulations including weaning foods, cookies, cakes, doughnut, bread etc.

CSIR - FOOD RESEARCH  
INSTITUTE, P.O. BOX M.20,  
ACCRA, GHANA

Phone: 233-21-777330/761209  
Fax: 233-21-777647  
Email: fri@gh.com

## QUALITY ATTRIBUTES OF HIGH QUALITY BAMBARA FLOUR

- *Sweet aroma, No bitter  
aftertaste*
- *No flatulence or stom-  
ach bloating effect*
- *Suitable for diversified  
food uses.*
- *Cooking time for foods  
prepared with the  
HCBF is drastically re-  
duced*
- *Gives more yield for tra-  
ditional foods*
- *Has high whipping  
properties.*



**DFID/CPHP/FRI  
BAMBARA PROJECT  
2003 -2004**

**CSIR - FOOD RESEARCH INSTITUTE,  
P.O. BOX M.20, ACCRA, GHANA**

Phone: 233-21-777330/761209

Fax: 233-21-777647

Email: [fri@gh.com](mailto:fri@gh.com)