

NERICA FOOD PREPARATION: FROM PLANT TO PLATE

Contributors: Modesta Brym Akintayo and Inoussa Akintayo

Background

The performance of NERICA-based processed products suggests NERICA-sourced flour can efficiently substitute for wheat flour in many confectioneries. The process of preparing selected NERICA-based products is summarized below.





Preparation of selected NERICA-based products

How to get NERICA flour?

Mill NERICA grain (whole or broken grains) into flour
Sieve in a fine mesh strainer

Butter cookies

Ingredients:

250 g of rice flour
125 g of sugar
2 sachets of vanilla sugar
3 or 4 eggs

Preparation: pre-heat oven to 150 degrees Celsius

- ✓ Add butter to sugar and beat into a smooth cream
- ✓ Add eggs one by one and continue beating for smoothness
- ✓ Mix flour and vanilla sugar, and add mixture to cream
- ✓ Mix all into a smooth paste and set dough in cookie molds
- ✓ Bake in oven for 15 minutes until it starts to brown

Cocoa biscuits

Ingredients:

200 g of rice flour
3 soupspoons of unsweetened cocoa
100 g of butter
150 g of sugar
3 or 4 eggs (y)
3 sachets of vanilla sugar

Preparation: pre-heat oven to 150 degrees Celsius

- ✓ Thoroughly mix the flour, cocoa and vanilla sugar
- ✓ Mix butter and sugar into a smooth cream
- ✓ Mix the flour and cream into a smooth paste
- ✓ Distribute paste into biscuit molds and bake in oven for 15 minutes until they start to brown

Ginger biscuits

Ingredients:

300 g of rice flour

125 g of sugar

125 g of butter

3 to 4 eggs

4 tablespoons of grated ginger

2 teaspoons of baking powder

1 teaspoon of bicarbonate

2 teaspoons of milk powder

Preparation: pre-heat oven to 150 degrees Celsius

- ✓ Mix flour and butter
- ✓ Add baking powder and sugar
- ✓ Beat eggs and add to mixture while stirring to avoid lumps
- ✓ Stir the ginger into the paste
- ✓ Mix milk and bicarbonate, pour it all on the paste and mix thoroughly
- ✓ Knead paste into shape by hand
- ✓ Flatten paste into the required thickness and cut
- ✓ Bake in oven for 15 to 20 minutes

Pancakes

Ingredients:

300 g of rice flour

1 liter of milk

100g of sugar

6 eggs

Vanilla or lemon zest

Preparation:

- ✓ Whip eggs and sugar into a mousse mixture
- ✓ Pour mixture on flour and mix until smooth
- ✓ Pour milk on mixture and continue mixing until smooth
- ✓ Add a little vanilla or lemon zest
- ✓ Leave the resulting batter to settle for six hours, preferably in a cooler

Baking:

- ✓ Heat a pancake pan
- ✓ Oil pan with a teaspoonful of oil
- ✓ Pour a ladleful of batter into pan
- ✓ For best results, toss the pancake after 3 minutes to brown both sides
- ✓ Repeat until the batter is used up

Serve with honey or jam