Value-addition to Kenkey, an indigenous African fermented food, targeting the international market

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Kenkey is a sour dumpling made from fermented maize dough which is wrapped in leaves and cooked. The different types of kenkey include Ga-kenkey, Fanti-Kenkey, Nsio (white kenkey), Sweet kenkey, Fomfom. Other products from fermented maize dough include Banku and Kafa.

Production and consumption of kenkey is limited to Ghana in West Africa. The present work is being carried out to re-engineer kenkey for the international market.

Methods


Results and discussion

Sensory attributes of kenkey preferred by Caucasians: Bland, mild or sweet taste; less sour product; soft texture; whitish colour. White kenkey made from dehulled maize selected for re-engineering.

Right: PCA bi-plot showing relationship between different fermented maize products and their sensory attributes

Below: Surface plots showing pH or titratable acidity against steeping time and dough fermentation time

White Kenkey

New shapes for white kenkey