

Utilisation of preserved products

When new products are introduced in the market, it is often difficult to convince customers to buy them. Most consumers prefer a known product that they may be accustomed to. In order to create demand for new products in the market, there is a need to raise awareness on the handling, uses and advantages of the new processed products. The awareness created also exposes consumers to a broad range of new products. This should be done in the rural, urban and international markets. The awareness campaigns can be conducted through promotions in local supermarkets, agricultural and trade fairs both local and international.

Dried Fruits

Dried fruits can be eaten in their preserved state or mixed with other food products to make snacks. Some dried fruits like bananas, mangoes, and pawpaws can be processed into powders and used as additives and flavours for other products like in baby foods, porridge mix and confectionery. They can also be reconstituted by soaking in water and other products further processed from them.

Procedure for reconstitution

Place the dried fruit in a bowl and add the same amount of water (1 to 1½ times as much water as dried fruit) and soak for 8 to 12 hours. If any water remains after soaking time is over, use this remaining water to make whatever product needs to be made from the reconstituted fruits.

Dried vegetables

Dried vegetables can be crushed or ground into powder that can be used as an ingredient to other food dishes. Whole dried vegetables are reconstituted by soaking in water and then cooked as they would be if fresh.

Procedure for reconstituting

Cover dried vegetables with 1¼ to 2¼ times as much water as dried vegetables. Soak for 30 minutes. After soaking, cook the product in the same water for 10 or 15 minutes.

Jam and marmalade

These products can be applied on bread. They are also used in baking products such as jam tarts, Swiss roll, etc. They can also be added to porridge to enhance flavour and improve the nutritive value.

Jelly

These are eaten direct as a desert, or can also be used to sweeten or flavor dishes.

Squash and syrup

These are used after diluting with clean and safe water in the ratio 1:4 (the ratio is dependent on consumer preference). They can also be added as sweeteners for sauces and dishes where a fruity flavour is required.

Sauce and chutney

These are added to main dishes at table to provide special flavours. They also improve palatability in such foods as chips and rice.

Pickles

Pickles are added to main dishes and provide a sweet and sour flavour. They can also be used in making salads, chutneys and sauces.