

Technology leaflet: Millet-cowpea infant cereal

From the Cinzana Research Station, Mali

Objectives

Increase the quantity and improve the quality of proteins in the daily food of infants and small children

Features

Phase 1: producing flour blend of millet and cowpea grains

Roasting

Roast husked grains of millet and cowpea in a roaster or marmite improve nutrition quality

Mixing and Milling

mix 1 weight unit of cowpea with 3 units of millet and pass this blend in a grain mill to obtain a flour

Phase 2: producing malted millet

Soaking soak

millet grains in water for 7 hours

Germination

have soaked grains germinated during 5 days, subsequently dry the germinated grains and remove the gemmules by lightly pounding and winnowing

Milling

grind the malted grains

Phase 3: preparing the pap

Cooking mix

flour blend with grinded malt (95 and 5% of final weight), dilute 1 unit of the mixture with 3 to 4 units of water and have it cooked for 7-10 minutes, add lemon juice, sugar, salt or oil for taste before serving

Performance

(information not available)

Application

areas where cowpea is easily available

Restrictions

grinding cowpea grains requires a mill thus financial means appreciation of the infant cereal depends much on the taste of the cowpea varieties available

Recommended practices

Preparation grains have to be husked (grinder or mortar) and cleaned at start *Conservation* flour and malt can be stored appropriately in plastic bags for use at later stage