

9. Dry in the sun with grates for four to five days.



10. Mill separately with a hand grinder or a wooden mortar and pestle.



11. Sieve and pack the flour (from grates).



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This flier was developed with information sourced from: Root crops processing and preservation (TOT Training Manual).

Making sweetpotato flour

A simple process for home baking



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*Building climate resilient agricultural communities
in Papua New Guinea*



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Smallholder Agriculture for Climate Change
Adaptation*

What you need

- Sweetpotato (kaukau) tubers
- Lemons
- Kitchen knife
- Pots and dishes
- Peeler
- Strainer
- Hand grinder or wooden mortar and pestle
- Cellophane bags

Method

1. Harvest and sort.
2. Peel the skin.
3. Peel, chip, or grate kaukau using a peeler



Wood ash solution

4. Pour clean water into a large dish.



Squeeze some lemon into a cup and strain it into the large dish of water.



Wrap the kaukau peelings in a cloth sheet or laplap and place it into lemon water. Make sure all peelings are submerged.

5. land place it into lemon water. Make sure all peelings are submerged.



6. 7. Soak the kaukau peelings in lemon water for 45 minutes.

8. Remove the kaukau peelings from the dish and spread them onto a drying bed.

