



MAKING OF AVOCADO CAKE



I. Introduction

In Kenya, there has been a gradual increase in the establishment of micro, small, and medium-sized food processing enterprises. These enterprises focus on producing a variety of nutritious food products as a means to mitigate post-harvest losses and food wastage, prolong the shelf life of food items, enhance food security, and make significant contributions to both national employment and gross domestic product (GDP).

Avocado cake is a snack made from avocado-wheat composite flour. Fully matured avocado are harvested, quickly transported to the fruit processing plant, inspected, washed, peeled, destoned, pounded and mix with wheat flour to produce a nutritious cake. Baking time takes 35 minutes when using an oven and 45 minutes when using a charcoal jiko.

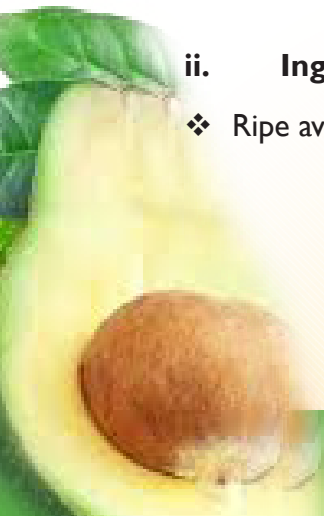
II. Requirements for Processing of Quality Avocado Cake

i. Equipments

Weighing scale, knives, basins, washing troughs, stirring stick, tea spoon, pulper/blender, oven/charcoal jiko, skewer and packaging paper.

ii. Ingredients (For making 1 kg Cake)

- ❖ Ripe avocados (1 kg)





Ripe Avocados

Source: James Ndambuki, KALRO

- ❖ 1 tsp. lime juice
- ❖ 1 cup (230g) margarine, at room temperature
- ❖ 1 cup (210g) sugar
- ❖ 2 eggs
- ❖ 3 cups (350g) all-purpose flour
- ❖ 3 tsp. baking powder
- ❖ 50ml milk

III. Procedure

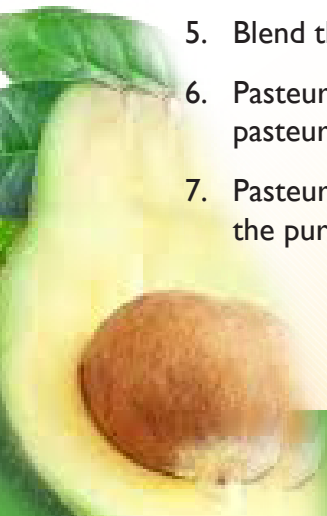
1. Harvest ripe fruit, free from pests and diseases.
2. Weigh the harvested fruit and record the weight.
3. Wash the fruit to remove surface dirt.

- Cut the fruit into half and remove the seed.



Avocado cut into half read for peeling and processing
Source: James Ndambuki, KALRO

- Blend the flesh using a pulper machine or a blender.
- Pasteurize the puree at 75°C for 15 minutes using a pasteurizer or you can use a sufuria and a thermometer.
- Pasteurizing helps to remove harmful microorganism in the puree.





Avocado pulp being pasteurized using a pasteurizer

Source: James Ndambuki, KALRO

8. Preheat the oven to 180°C.
9. Add butter and sugar into a bowl and mix well.
10. Add the eggs one by one and mix well.
11. In a separate bowl, mix the flour with the baking powder.
12. Divide the avocado puree into 2-3 portions. Add one portion of the puree and some milk to the flour mixture and mix well after each addition. Repeat until all the portions have been added and well mixed.
13. Grease the baking tin and dust with flour.



Dusting the baking tin with flour
Source: James Ndambuki, KALRO

14. Pour in the mixture evenly in the baking tin.
15. Bake for 60 minutes, until when a skewer inserted in center comes out clean.
16. Remove the cake from the tin.
17. Let the cake cool in the tin for several minutes.
18. Label and package appropriately.





Avocado Cake Ready for Sampling
Source: Charity Gathambiri, KALRO

IV. Basic Hygiene During Processing

i. Processing premises

Spacious to accommodate all required facilities.

a) Necessary facilities

- Sanitation area – toilets/latrines, changing rooms, hand washing areas and lunch areas.
- Proper flooring
- Cleaning stations
- A floor drainage system

b) Working rooms should have:

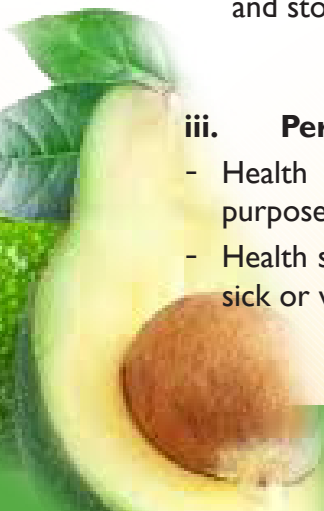
- Room to accommodate all the processing activities
- Easy to clean floors
- Walls painted white for easy detection of insects, dirt and any abnormalities
- Adequate lighting.
- Temporary storage – stacked crates for raw materials, pallets for raw material and finished products and packaging paper for cake.
- Good ventilation to allow moderate temperature.
- Windows with insect proof screens.

ii. Equipments

- All equipment should be properly cleaned before and after use.
- Clean water for processing.
- Hot water should be used for sterilizing the equipment.
- Wooden equipment should be scrubbed.
- All utensils should be kept dry by wiping with clean cloth and stored in dust free places.

iii. Personal hygiene

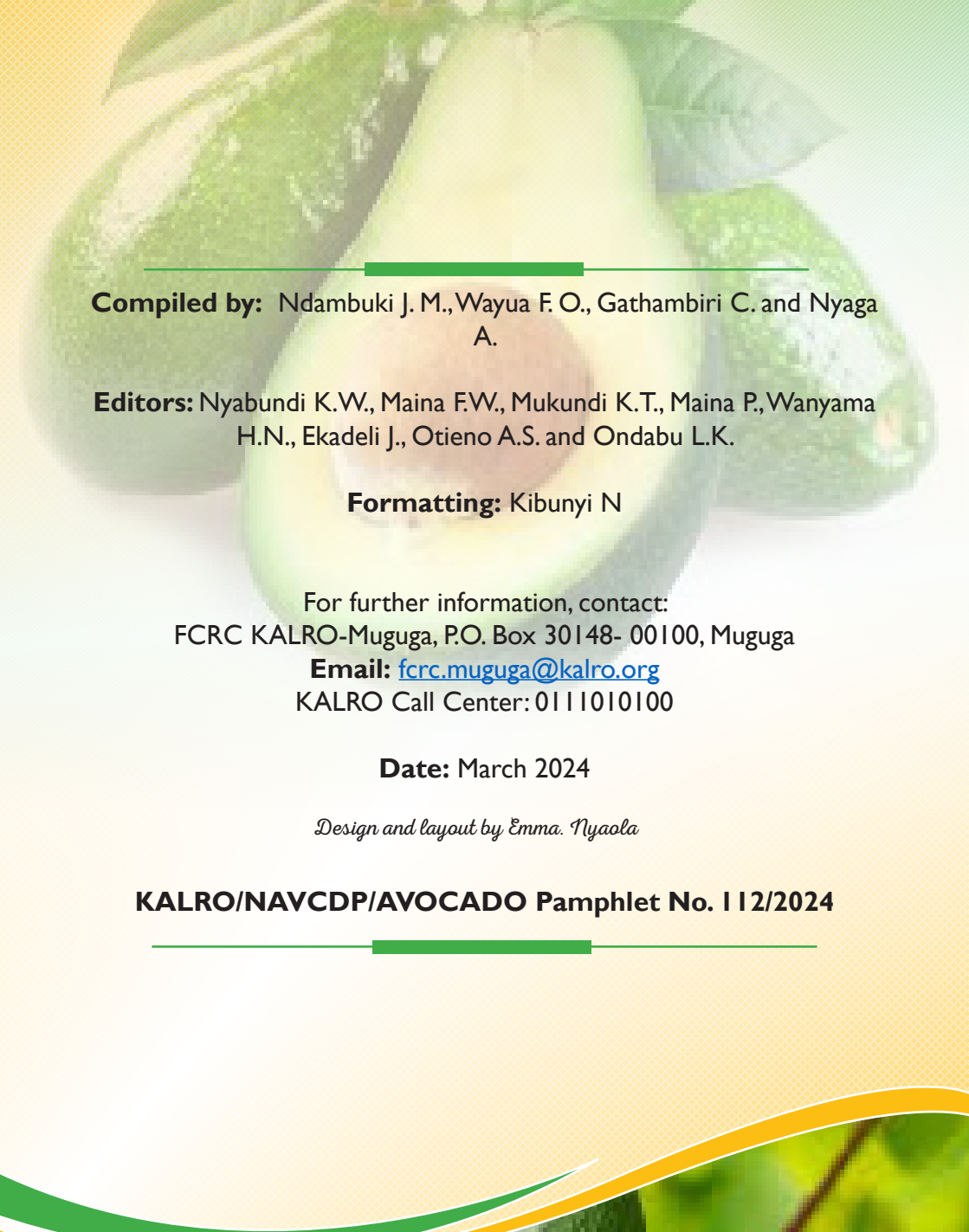
- Health certificates should be acquired (commercial purposes).
- Health status (processing should not be done when one is sick or with open wounds).



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- Illness and injuries (processing should not be done when one has open wounds).
 - Personal cleanliness - maintain personal cleanliness including body and clothes.
 - Personal behavior - hands should be carefully washed with soap; always cover the hair while handling food.







Compiled by: Ndambuki J. M., Wayua F. O., Gathambiri C. and Nyaga A.

Editors: Nyabundi K.W., Maina F.W., Mukundi K.T., Maina P., Wanyama H.N., Ekadeli J., Otieno A.S. and Ondabu L.K.

Formatting: Kibunyi N

For further information, contact:
FCRC KALRO-Muguga, P.O. Box 30148- 00100, Muguga
Email: fcrc.muguga@kalro.org
KALRO Call Center: 0111010100

Date: March 2024

Design and layout by Emma. Nyaola

KALRO/NAVCDP/AVOCADO Pamphlet No. 1 | 2/2024

