

b) *Working rooms should have:*

- Room to accommodate all 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, shelves for jars and airtight containers for dried products.
- Good ventilation to allow moderate temperature.
- Windows with insect proof screens.

ii) *Equipment*

- Should be properly cleaned before and after use.
- 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).
- Illness and injuries (processing should not be done when one has open wounds).

- Personal cleanliness - maintaining personal cleanliness including body and clothes.
- Personal behavior - hands should be carefully washed with soap.



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MAKING AVOCADO ICE CREAM



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, enhance food security, and make significant contributions to both national employment and gross domestic product (GDP).

The nutrient content of avocado has made it to be considered as highly desirable additive to a healthy diet. Avocado ice cream is a complex colloidal system containing fat globules, air bubbles and ice crystals dispersed in a freeze concentrated solution of proteins, salts, polysaccharides, sugars and different flavours. Making of Avocado Ice cream can create employment for the youth and increase income of the farmers.

2 Requirements for Processing of Quality Avocado Ice Cream

I. Equipment

Weighing scale, knives, basins, washing troughs, pulper/blender, stirring stick and freezer.



Ripe Avocados

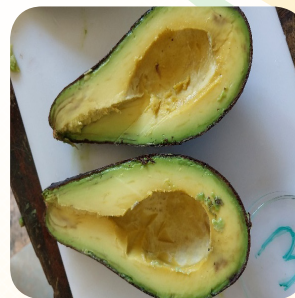
Source: James Ndambuki, KALRO

II. Ingredients

- Ripe avocados (1 kg)
- 1 cup coconut milk
- 1 ½ tsp vanilla
- ½ tsp salt
- ¾ cup chocolate chips

III. Procedure

- Harvest mature and ripe avocados
- Sort and wash the avocados
- Cut into half and scoop the flesh to a blender/pulper



Avocado cut into half for pulping

Source: James Ndambuki, KALRO

- Add coconut milk, vanilla, and salt to the blender.
- Blend until smooth.
- Put mixture into glass bread pan.
- Gently fold the chocolate chips into the mixture.
- Smooth out the top, cover, and place the mixture into the freezer for at least two hours before serving.
- Thaw slightly before serving.

Avocado ice cream is used as a snack

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