

remains high at 170°C.

9. If your fryer does not have a thermostat, remove the crisps occasionally during the deep-frying process to allow the oil to heat up. Do this until the crisps are cooked.
10. Remove the frying mesh containing the fried crisps from the oil, and position it in a manner that facilitates the draining of excess oil.
11. Arrange the freshly prepared crisps on a tray, sprinkle with salt and any desired seasonings, and allow them to cool.
12. Place the crisps in airtight packets, weigh and seal. wEntry of air into the packet may lead to loss of crispiness, leading to spoilage.

Caution

1. Tubers that are immature, identified by their easily peeling skin when rubbed using your fingers, will result in crisps that are undesirable and dark brown colour. This is caused by the high sugar content found in such tubers.
2. Fried potato chips are not typically viewed as a nutritious snack option. A single serving of one ounce, which is roughly equivalent to 18 chips, contains approximately 150 to 200 calories, 10 grams of fat, 15 grams of carbohydrates, and 2 grams of protein.



POTATO CRISPS FOR INCREASED INCOME

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Introduction

Ware potatoes are seasonal and occasionally experience periods of over production. During these periods, prices plummet and farmers experience losses. Value added products such as potato crisps are some of the products that can be made during the periods of potato glut and sold over an extended periods of time since they have long shelf life. Through value addition, farmers may sell some of their produce to crisps processors at favourable prices. The value addition stands to benefit the youth, the vulnerable and marginalized communities, who wish to benefit in one way or another in the potato value chain.

Potato crisps is a fried potato snack that typically consists of 30–35% oil and 2–10% of flavour. It is a preferred snack that is very marketable in urban centres.



Ingredients

- 1 Kg of potato tubers (makes 250 to 280 gms of crisps)
- Vegetable cooking oil (amount depends on type and size of fryer)
- Water for washing tubers
- Herbs and spices (optional)
- Salt as desired

Equipment required

- Potato peeler
- Potato slicer
- Strainer
- Hot bath
- Waste bucket
- Container
- Deep fryer
- Weighing scale
- Packaging material
- Sealer

Procedure

1. Select medium sized potatoes of a similar size and shape. Freshly harvested ones give a higher number of crisps compared to those that had been stored.

2. Peel the selected potatoes (optional) and wash the peeled potatoes thoroughly before slicing them into thin, 3mm thick slices using a slicer.



3. Wash the cut slices with water, 2 or 3 times to remove starch.
4. To blanch or cook the crisps, slightly immerse them in a hot water bath (75-80°C) using a strainer for 2-3 minutes.
5. Remove the strainer from the water bath and let the excess water drain for 5-10 minutes. This will also allow the par-cooked slices to cool down.
6. Transfer the par-cooked slices from the blanching strainer to the deep-frying wire mesh basket.
7. Pour vegetable cooking oil into the deep-frying machine and heat the oil to about 170 °C (use the fryer's inbuilt thermostat).
8. Deep fry the potato slices in small batches and constantly check the temperature to ensure it

